

# How to Be a Zero Waste Racer and Traveler

#SCORAoutTheTrash

Pack out what you pack in.

1. **BYOB** - Prepare by packing
2. **5 R's**: Refuse, Reduce, Reuse, Recycle, Rot

**BYOB** - Bring Your own:

**Water Jug:** Have a jug of water for your team to share on escort boat. **Water Bottle** – Fill up water bottles at airport, races, escort boat and restaurants

**Bulk Snacks** – Organize shared bulk snacks for the Escort boat

**Utensils** – Refuse single use or reuse them for the trip.

**Cloth Napkin, Small towel** – Toss in laundry with clothes or compost paper napkins when you are done with them.

**Cup, Plate or Bowl** – Refuse styrofoam or plastic. Coffee houses offer discounts if BYO – Ask to reuse your plastic cup at beer garden. Compost paper plates when you are done with them.

**Shopping bag, Backpack,** - If you have to take a single use shopping bag reuse it as many times as you can. Turn it into a trash bag even though you will have minimal trash ☺

**Transportation** – Car pool, walk, bike, or paddle to the event.

**Thoughtful Shopping** – Shop B Corp, Local, Mom and Pop, Organic/Healthy

**Read the Signs:** Compost, Trash, Recycle. Put it in the correct bin.



## COMPOST



## RECYCLE



## WASTE

Please dispose of any trash here

Thank you!

\*\*\*Pick up after each other\*\*\*

## 5R'S

Bea Johnson – Adapted for SCORA Travelers

**Refuse** – Single Use on the plane or restaurant because you brought your own.

**Reduce** – Purchase only what you need

**Reuse or Repair, Refill** – Reuse Single use items you bought in a pinch, Repair gear before donating and replacing. Refill plastic bottles/containers at a refill store.

**Rot** – Compost

**Recycle** – As a last resort. Pay attention to what is recyclable in your area.

**Respect** – Everyone is moving at different speeds. As long as you are trying to reduce your footprint you are succeeding.

Share the love by tagging your good deeds. Follow us for more tips on how to be a Zero Waste racer:

#TrainingOutTheTrash #SCORAoutTheTrash