

STAND UP FOR YOUR FUTURE!
Easy changes make a big difference!

Tick of your action plan, and use your voice to make a change.

- 1 REFUSE SINGLE USE PLASTIC
- 2 TALK TO SHOPS & STALLS ABOUT IT
- 3 SHOUT ABOUT IT ON SOCIAL MEDIA

1



BRING YOUR BOTTLE

Remember your reusable bottle. Bring your own or buy a 100% stainless steel bottle. Refill at tap points and water kiosks on site.

2



CARRY YOUR CUPS

Refuse single-use take away cups, lids and containers. Remember your own reusable cup or buy one on site.

3



SKIP THE STRAW

Resist single-use straws and stirrers. Switch to your own reusable stainless steel and bamboo versions.

4



GO FOR BIO GLITTER

Avoid plastic glitter. If you have to, use bioglitter instead!

Drastic-on Plastic

FESTIVALGOER GUIDE

5



WIPEOUT THE WETWIPES

Resist single-use plastic wet wipes and plastic-stemmed earbuds. Reuse a cotton facecloth or switch to plastic free wipes, organic cotton wool and card-stemmed earbuds.

6



CHERISH YOUR CUTLERY

Refuse single-use plastic cutlery. Take your own reusable cutlery or use compostable* alternatives if you must.

7



BRING YOUR BAGS

Refuse single-use plastic bags. Bring your own reusable bags or baskets.

8



AVOID THE APPLICATOR

Refuse plastic feminine care products. Try a reusable menstrual cup or plastic free pads, tampons and liners made from natural materials, such as Natracare.

9



MINIMISE THE microBEADS

Reduce personal care products containing plastic microbeads and look for microbead free, natural plant-based alternatives.



WHAT'S THE PROBLEM WITH PLASTIC?

Nothing better illustrates our throwaway lifestyle than plastic. It is everywhere. The production, use and disposal of synthetic plastic is one of the most serious environmental and human health problems facing us today.



○ QUANTITY

Vast quantities of long-term plastic debris and particles litter the world's earth and oceans.

"Our actions over the next 10 years will determine the state of the ocean for the next 10,000 years"

Sylvia Earle



○ TOXICITY

Plastic contains hundreds of highly toxic persistent chemicals that are damaging to human health and the environment.

Plastic is made from and transported by non-renewable fossil fuels (oil).

Many common plastics (e.g. PET water bottles) can leach toxic chemicals from the plastic into the water they contain, especially in the heat but even in normal conditions.

Many types of plastic are broken down by sunlight into tiny micro-plastics that are easily dispersed into water.



○ RECYLABILITY

Appropriate clean recycling and recovery systems are not keeping pace with the sheer quantity or mixture of plastic produced. An overwhelming 72% of plastic packaging is not recovered at all.

Most recycled plastics are exported, often illegally, from Europe to Africa and Asia where burning waste in the open air is commonplace.

China's ban on imported plastic has led to a crisis for UK recycling and there is a risk of plastic waste being stockpiled or ending up in landfill.

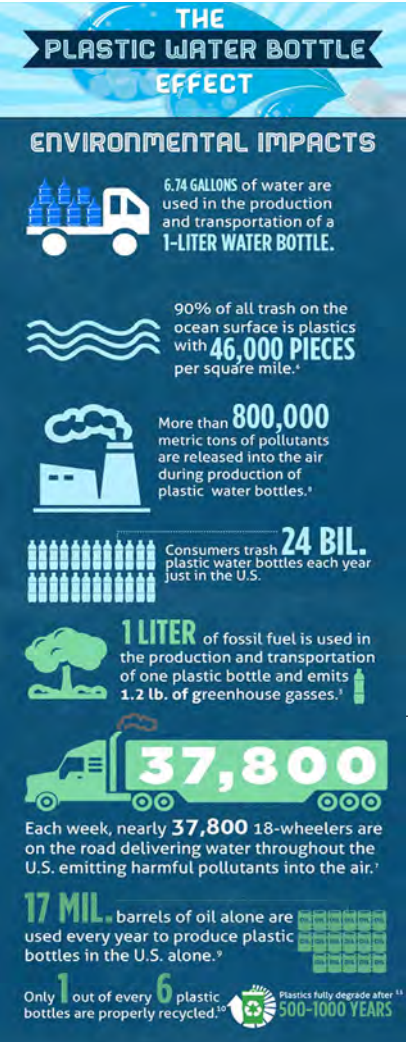
The majority of recycling processes release toxic emissions or dust into the air and soil.

○ DISPOSABILITY

Sales of products with a short life span packaged in plastic encourages waste on a vast scale. In addition, plastic packaging is almost exclusively single-use.

Design for disposability has created a throw-away consumer culture, that is disconnected from the environmental consequences.

Plastics can take a minimum of 500 years to degrade. Ironically, this means that we are using plastic materials that are designed to last, for short-term use.



FOCUS: BOTTLED WATER

Each year in the UK we drink 3bn litres of bottled water and 10bn bottles go to landfill. Marketing obscures the fact that absurdly bottled water is at least 500 times the cost of tap water, and isn't necessarily 'healthier.'

