



# TIP TUESDAY

A weekly guide to help you  
kick your plastic habits.



## Travel Near and Far without Making a Plastic Footprint!

School is out and the traveling adventures are just beginning. Be sure to read through our plastic-free tips and learn how to reduce your plastic waste while on the road this summer!

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### Tuesday Plastic Trivia

- **Marine debris can often become concentrated in parts of the ocean called "gyres" which are a result of currents in the ocean. How many gyres exist in our oceans today?**
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## Travel in Eco-friendly Style with these Plastic-Free Travel Tips

- **Bring an empty, reusable drink container** through security and airport kiosks will fill it with your choice of beverage if it's a standard size.
- Invest in **travel-size containers to pack personal toiletries and hygiene products** and remember to follow the TSA's guidelines if you use a carry-on bag. Refill the containers with your favorite products for your next adventure.
- **Avoid purchasing drinks and meals on the plane**, while many airlines do recycle, this process is very energy intensive and much of the waste ends-up in the garbage.
- **Bring snacks in reusable plastic free containers** to avoid purchasing plastic packaged food beyond security and throughout your trip.
- Be sure to check [TSA's List of Banned Food Items](#) before packing.
- **Bring your own earbuds**, this reduces the amount of disposable pairs the airline distributes during each flight.
- Consider **packing reusable shopping bags** for any purchases you make while on vacation.



*Even on the most remote islands, the presence of plastic pollution is undeniable.*

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### Tuesday Plastic Trivia Answer

How many gyres exist in the the world's oceans today?

## **A: There are 5 gyres in the global ocean: Indian Ocean Gyre, North Atlantic Gyre, North Pacific Gyre, South Atlantic Gyre, South Pacific Gyre**

These gyres are massive networks of currents that circulate water around the world, each with their own amazing ecosystem. Today, the whirlpools accumulate plastic marine debris, which degrades into microplastics and pollutes the water and ecosystems with harmful chemicals.

To learn more about ocean gyres, check out these links: [www.unesco.org](http://www.unesco.org), [www.5gyres.org](http://www.5gyres.org)



### **Go Plastics-Free and end your plastic habits today!**

- 1) [Click here to sign our pledge](#)
- 2) Tell us how you're doing and share your ideas
- 3) Encourage others to take the pledge
- 4) Spread the word via Social Media

Ideas or comments about Tip Tuesday? Contact Lauren:  
[communications@cleanoceanaction.org](mailto:communications@cleanoceanaction.org)

[Click here to donate](#)

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