



# TIP TUESDAY

A weekly guide to help you  
kick your plastic habits.



## Plastic-Free Camping

The tristate area is home to some to several popular camping sites on coastal beaches and in beautiful National Parks. Plastic-free camping is becoming fashionable and easier to afford. So spend your weekend with nature and leave your campsite as you found it - plastic-free!

### Tuesday Fun Fact

When was plastic Scotch® Tape first invented?

- a) 1901
- b) 1937
- c) 1930
- d) 1897



### Survival necessities

- **Eating & Drinking** - Travel with reuseable containers for food and drink, utilize COA's sporks and consider "pre-cycling" any food items into smaller containers before you leave home.
- **Sleeping** - Consider using a nylon bag or venture to find a second-hand military cot made from wood, metal and cotton. For your tent, go online or to a second-hand store to a used one, borrow one from a friend or make your own out of bamboo sticks and a recycled cloth shower curtains. Fix holes and tears with seam sealer and spare cloth patches instead of tape.
- **Hygiene** - Make your own wet wipes by cutting a roll of paper towel in half and soaking the halves in water, aloe, witch hazel, castile soap, Vitamin E and oil. Transfer them to a reusable container for travel purposes. Pack your own microbead-free toothpaste and bamboo toothbrush. Try dry shampoo for fresh hair, daily.

### For Fun

- **Chairs** - Camping chairs are now made from steel and polyester, often with accompanying beverage holders, adjustable arm rests, head pillows and even the option for self-inflation! Rent or purchase used chairs, sit on natural items covered in cloth or dig you own chair in the sand.

- **Music** - There are now music amplifiers for your iPad or iPhone that are made from wood, bamboo and paper (paper - assembly required). You can also listen to the beautiful songs of nature.
- **Entertainment** - Reading, pencil, pastel or charcoal drawing, plant identification, bird-watching, hiking, beach-combing, scavenger hunting, creating kites and photography are all plastic-free ideas to entertain you while camping.

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**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 for or comments about Tip Tuesday? Contact  
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