



Think about what you already have and **AVOID BUYING** anything you don't need

**SHARE TOILETRIES** if you're on a group holiday or take a solid shampoo/conditioner bar

**REMOVE PACKAGING** from any items before they go in your suitcase

**1 BEFORE YOU GO**

**2 EN ROUTE**

If flying, bring your own **REUSABLE CLEAR BAG** for airport security

If you don't need something, **DON'T TAKE IT** (such as a plastic fork or paper napkin)

**TAKE YOUR OWN EARPHONES** for the in-flight entertainment

**4 BACK HOME**

Bring **BATTERIES** home to recycle if this isn't possible in your destination

**WRITE UP A LIST** of what you used most, so you avoid buying too much next time

Share anything positive you've done on holiday using **#MHG19**

**PAY IT FORWARD** – lend out holiday clothes, inflatables, and books or guides

**3 ON HOLIDAY**

**PLAN ANY FOOD SHOPPING** if you're self-catering – think little, local and often

Only take what you want **FROM THE BUFFET** to limit waste

Keep **REUSABLE SHOPPING BAGS** on you when out and about

**USE LOCAL RECYCLING FACILITIES** where available (as each destination will be different)