



Help Us Help the Earth!!

You can help our environment during HAP by following these simple guidelines:

Lunches:

THE FIRST DAY: Please pass out the “No Waste Lunch” sheet prior to the trip. Students should make an effort to bring as many reusable and recyclable containers as possible.

DAYS THEREAFTER: Please do not make individual lunches for students. We will make lunches on the trail; students can carry the bread, luncheon meat, etc. separately. Please do not buy individually wrapped packages of food such as juice containers either (water is the preferred beverage for hiking anyway!). This cuts down enormously on excessive waste!

Buy in bulk: When planning your menu, buy food and beverages in bulk rather than in individual packages or containers, to reduce waste.

Reduce food waste: Share leftovers with others. This reduces the amount of trash at the hostel and in the landfill. You can also ask the hostel managers if they **compost**; if so, give your fruit and vegetable waste to the worms!

Please do not use disposable dishes or silverware: We would like to reduce the amount of waste in the kitchen. The hostel has plenty of dishes and silverware for everyone.

Water and energy conservation: Please conserve water and electricity at all times! Turn off lights when they are not being used, and take shorter showers.

Water: please try not to buy individual bottles of water. Water provided by the hostel is perfectly safe.

Recycling is very important, but reducing the amount of waste we create through excessive consumption is more important. Challenge yourself to:

Reduce----->Reuse----->Recycle!