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Clothing & Travelling - a few tips on how to be more Eco Friendly

Washing your clothes

Synthetic material sheds microplastics in the washing machine, which reach the ocean and are ingested by the fish we eat. 14 million tonnes of microplastics are on the seabed, and this number is increasing annually. If you over wash clothing at high temperature it will, in time affect how they look.

-Try to wash less, this saves energy and water, and will make your clothes last longer, save you money and help to save the planet.

Throwing away wearable clothing



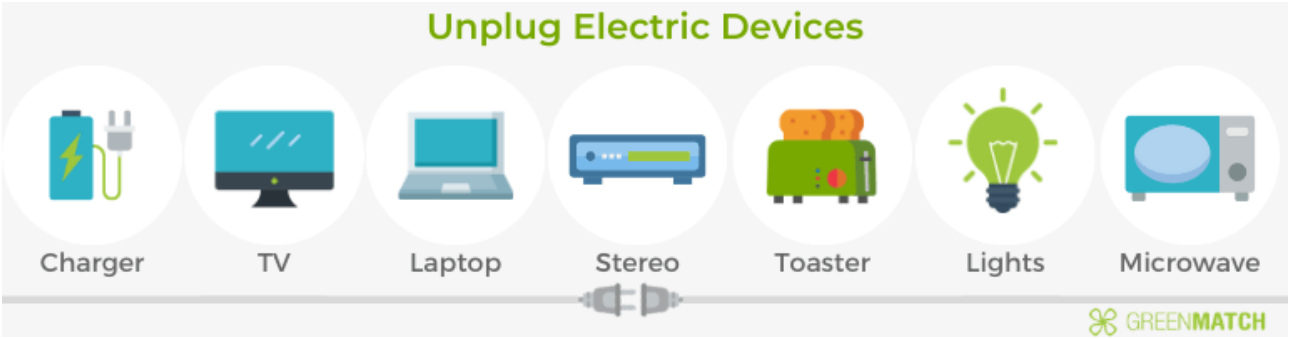
1 million tonnes of textile waste is produced by the UK each year, clothing can take 100 years to decompose in landfill sites and release huge amounts of greenhouse gases.

-Don't be a slave to fashion and over consumerism. Spending a fortune on clothing that will go out of fashion tomorrow! Repair your clothes or making easy alterations and repairs will enable you to wear them for longer and fit in with current trends. Vintage and second-hand outlets will offer more affordable alternative options, often based on the same clothing items.

If you do need to by some clothes why not but from a charity shop, you can easily adapt this clothing to your needs at a fraction of the cost of buying new.

Unplug before you travel

Devices that are shut off or in sleep mode still use energy. So wastes energy, so before going on holiday unplug your devices and save electricity. The average UK household spends between £50-£86 per year to power appliances left on standby or unused.



Pack light

Flying to foreign destinations will emit emissions no matter what. However, if flying is the only option, then travellers can try to travel light to minimise pollution. The more luggage a plane carries on its travels, the more fuel the plane needs to fly.

Even if travelling in your car the less you take with you the more fuel you will save.

Ideas from www.greenmatch.co.uk