



YOUR DAY TO DAY CHECKLIST

LET'S REDUCE OUR IMPACT

By reducing the amount of carbon we produce, we can help slow down the effects of climate change.

Action starts with you - real solutions require action on a global scale but there are choices you can make in your day-to-day life and at work to lessen your impact on the environment.

- Be climate aware
- start small, think big.
- Here's a checklist to help get you started:



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BE ENERGY EFFICIENT & BE APPLIANCE SAVVY

- Can you use renewables to power your home - get a green energy supplier?
- Get a smart meter to keep an eye on your energy use – you'll soon spot where you could use less
- Turn your water heater down & thermostats to 20°C or less
- Wash your clothing in cold water
- Repair, recycle and maintain electronics and gadgets

EAT WELL, EAT WISELY

- Buy foodstuffs in bulk when possible using your own reusable bags
- Reduce your meat and dairy intake: try 2 meat free days a week
- Stop wasting it - check your fridge and cupboards before you go food shopping
- Compost whenever and wherever you can

RE-USE, REPAIR AND RECYCLE

- Look after your climbing and walking gear to ensure it lasts
- Recycle as much as possible
- Avoid products with a lot of packaging
- Extend the life of your clothes, care for and re-wear what you already have

GREEN YOU TRANSPORT

- Work from home when possible
- Drive less. Walk, take public transportation, carshare or bike to your destination when possible
liftshare.com/uk/community/bmc
- Take care of your car. Keeping your tires inflated can increase your fuel efficiency
- Avoid flying if possible: Plan for one big trip a year by train and not plane

OTHER THINGS YOU COULD THINK ABOUT

- Switch to a green pension & an ethical bank
- Consider supporting a meaningful climate project (or off setting scheme) that actively restores biodiverse habitats. **www.theclimateproject.co.uk**