

Your actions matter in keeping our mountains plastic waste-free!

Can we count on your help?

Before your trip

Only bring **what you need**

Use **reusable containers** for food and water

Remove plastic packaging from food items

Take a bag with you to bring back your waste

During your trip

Avoid using **rubbish bins** if they are **overflowing**

Take your waste back with you

Close your pockets so you don't lose anything

Say "No" to **single-use** items in **restaurants**

Do not burn or throw waste into the nature

After your trip

Initiate and participate in **clean-up activities**

Share inspiring stories how we can keep our mountains **plastic waste-free**

Pause and think – what else can I do to **minimize my plastic footprint?**