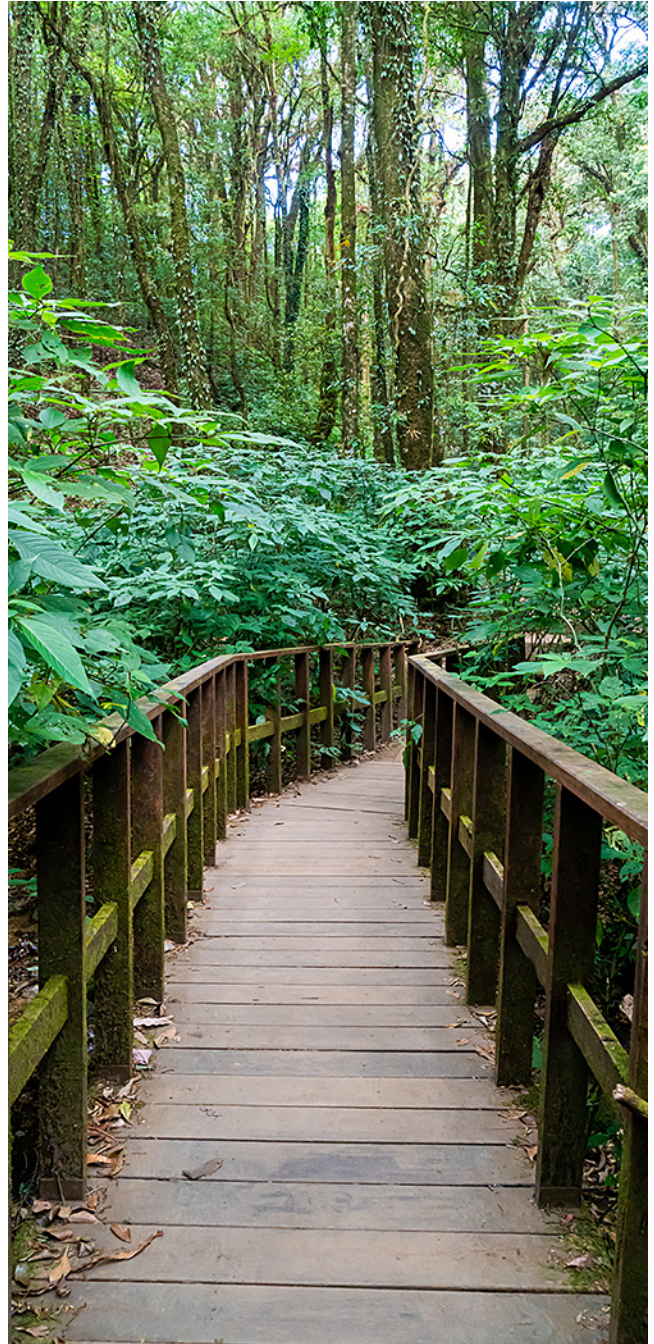


Trash Free Trails

By Jill Bartolotta, Ohio State University Extension, Ohio Sea Grant

- ✔ **Bring water in reusable water bottles** instead of disposable plastic bottles.
- ✔ **Pack hiking snacks** in reusable sandwich bags or containers.
- ✔ **Before you go out on your trip limit the amount of plastic packaging associated with your food.** This trick will lighten your load and prevent accidental littering. Buying in bulk helps reduce plastic packaging waste and it is cheaper.
- ✔ **Compact your trash,** taking up less space in your backpack and the trash bin.
- ✔ **Keep your camp area clean** preventing unwanted visits from wildlife and accidental littering.
- ✔ **Pack out all your trash and pick up litter as you see it.** Be careful if picking up sharp items. Make sure to place sharp items in a sturdy container before disposing of them in the trash bin.
- ✔ **Pack out all sanitary items** such as wipes, which are made of plastic fibers. Follow local guidelines on how to handle toilet paper waste.
- ✔ **Organize a trail cleanup** in your favorite park.
- ✔ **If you notice trash bins are overfilled contact park maintenance** to make them aware of the issue.
- ✔ **Share what you have learned** with others to keep our favorite hiking and camping areas trash free!



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