

ACT 2020

Zero-Waste packing guidelines for crew

- Food and water is provided by 100% Sun Wind Water. If you would like to contribute a dish, please contact Guri about ingredients :)
- If you plan to bring any drinks or alcohol onboard, please ensure they are in glass or aluminum only. NO plastic bottles or wine boxes.
- We will have sea-sickness medication (postafen) onboard in case of emergency. Ginger and peppermint also work well and we'll keep those on hand too!
- If you need to bring any of your own medications onboard, keep in mind that you will need to bring the packaging back home with you. (First aid kit, bandages and all necessary emergency supplies are provided).
- There is a no-smoking onboard rule. Non-biodegradable waste from cigarettes or snus (cigarette butts, snus baggies, lighters, etc.) will need to be brought home with you.
- Please bring your own reusable water bottle onboard! We will have filtered drinking water available for you to refill. Remember, single-use plastic water bottles are not allowed.
- Your regular toothbrush and toothpaste are fine as long as you bring them back home with you. Keep in mind that some brands of toothpaste use “micro-beads” for polishing which are essentially micro-plastics that run directly into the sea. We will also have a zero-waste homemade tooth powder for you to try.
- Please do NOT bring dental floss or dental picks. These are tricky to find plastic-free and easily create tiny pieces of waste. Many brands that are “natural” and seem compostable are in fact made with plastic. We will have a compostable dental floss for you to use onboard. I can also refer you to some options if you'd like to purchase your own.
- Soap is provided! For dishes, laundry and all cleaning needs we have solid and liquid Marseille soap. We also have a beautiful handmade body soap and solid shampoo for you to use onboard. If you must bring your own soap, please be

sure the ingredients are natural because they will run directly into the sea and know that you will need to bring any bottles/packageing back home with you.

- 100% recycled toilet paper is provided! We also have cloth napkins and cleaning rags to replace paper towels. Please do NOT bring wet wipes, cotton swabs, q-tips, etc.
- Check your Sunscreen!!! And bring a hat and UV protective clothing. We have non-nano zinc based sunblock onboard for your use. Chemical ingredients in many sunscreens are killing coral reefs and harming sea life worldwide

Harmful ingredients to look out for are:

Avobenzone

Benzophenone

Homosalate

Octyl Methoxycinnamate

Octinoxate

Oxybenzone

PABA....

Learn more here: <https://www.rawelementsusa.com/pages/chemical-vs-physical>

- Deodorant and antiperspirant can also contain many harmful ingredients for the environment. Try going without or find a natural alternative. We will have a homemade deodorant balm onboard for you to try!
- Razors, hairbrushes, lotions, makeup and other personal products can be brought onboard as long as you bring them and any packaging back home with you.

If you have any questions at all, contact Guri anytime:

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