



# FAMILY DAY OUT SUSTAINABILITY CHECKLIST

Make sure you're prepared before hopping out on a bike ride, by checking off each of the items below...

- Take a reusable water bottles for refills
- Turn off all lights and electronics before you leave home
- Recycle all the food and drink packaging that you buy
- Avoid all single-use plastic, and try taking a snack with no packaging
- Where cycling or walking isn't possible, take public transport
- If you need to buy food or drink, support local shops to reduce your carbon footprint
- Go plant-based for the day
- Come home with only what you left with

**Stay safe and have fun riding!**