

Leave no trace



Plan an environmentally-friendly hike or camp using as little plastic as possible



Plastic pollution has become a massive concern. Even the smallest pieces that find their way into the natural environment are damaging to animals and wildlife habitats. The good news is that we can all do our bit to reduce the plastic we use every day, including on hikes and camps.



Suitable for all

You will need

- pencils
- paper

Instructions

1 Task your young people with making a list of all the things they might need to take on a hike or camping trip. What clothing and equipment might they need, like plates and cutlery?

2 Ask them to think about whether any of the items include single-use plastics and to call them out. Can they think of how the items could be swapped for non-plastic alternatives, like reusable cutlery and food containers, or eco-wraps?

3 Share the information on this page about hidden plastics and ask the young people which things on their lists might unexpectedly contain plastic.

4 Where plastic is unavoidable in planning activities, ask them if they can think of any opportunities where they could use equipment or clothing made from recycled materials instead, or if they could reduce the amount of plastic needed.

5 Finally, let your section know that from now on this is how you will be planning all of your camps, hikes and other activities, so that 'plastic-free' becomes embedded in your Scouting.

Wogglebox



George says:
'We had a competition to see which group could come up with the most ways we could use less plastic.'

Find the new Scouts resources about plastic pollution at amillionhands.org.uk/resources

Hidden plastics

Plastic is used in so many everyday items. Did you know that fleece, acrylic and nylon clothing are all made with plastic? Washing them releases tiny plastic fibres into the water system. Some tea bags, chewing gum and those small labels on pieces of fruit also contain plastic, so make sure they are disposed of properly.



Time needed 20 minutes

Badge



GO Outdoors partners the Hikes Away Staged Activity Badge

Partner



Outcomes

Your section will gain a greater understanding about how they can help minimise plastic waste in the environment.

Take it further

Challenge your section to suggest ways to reduce plastic packaging when cooking at your next camp or taking food on a hike. Some things could include taking food in reusable storage instead of wrapping it in cling film, or buying items without plastic packaging. How hard/easy did they find it?

More information

For more badge resources, activity sheets and kit lists, visit: scouts.org.uk/gooutdoors