

## Sustainability Tips for College Students

### TRANSPORTATION and TRAVEL

- Live as close as possible to where you work/go to school.
- Use public transportation, walk, bike.
- Car-pool, especially on breaks!
- Cut down on unnecessary driving, whenever possible. Organize your errands.
- Drive at the speed limit.
- Check the tire pressure monthly.
- Change the air and oil filters regularly.
- Hike, bike, sail or ski, don't motor.

### DORM ROOMS

- Turn the heat down. If it's too hot, report it to the facilities' manager. Don't open the windows and heat the great outdoors.
- Turn off TV's, radios, and computers when you leave your dorm room.
- Avoid halogen torchiers. Use lamps with compact fluorescent light bulbs.
- In cold months, close blinds at night and open them during the day.
- In warmer months, clothes blinds during the day.
- Take showers instead of baths.
- Take shorter showers.
- Turn off water when brushing your teeth or shaving.

### OFF CAMPUS HOUSING

- Heat water and cook with the microwave.
- Have your landlord install a programmable thermostat and low-flow showerhead.
- Call your landlord as soon as possible for repairs to leaky faucets.
- Turn off TV's, radios, and computers when you leave your dorm room.
- Buy compact fluorescent light bulbs (CFLs) and replace all incandescent bulbs.
- Use fans instead of air conditioners.
- Take your bottles, cans, and plastic back to the grocery store.
- Recycle and reuse as much as you can. Think before you throw out.
- Take showers instead of baths and keep them under five minutes.
- Turn off water when brushing your teeth or shaving.
- Use blinds or curtains to adjust for the sun.

### LAUNDRY

- Hang up clothes after you wear them to help them stay clean.
- Buy concentrated cleaners and detergents.
- Only wash your clothes that are dirty.
- Use your bath towels more than once or twice.
- Use a drying rack or clothesline.
- Only wash full loads.
- Wash with cold water whenever possible.

### SHOPPING

- Minimize waste and garbage. Buy foods in bulk to reduce the amount of packaging.
- Buy a plastic water bottle and refill it at the water fountain. Make sun tea.
- Bring your own cloth bag shopping, or reuse plastic bags.
- Buy clothing in consignment shops.
- Recycle and share magazines, books, CD's and DVD's
- Look first on craigslist.com or freecycle.org to buy, sell, or trade before buying new.