



## Back to School Green Shopping List

**Think before your buy, pack, and travel to campus this year.** As you prepare a list of items that you need to bring to campus this year, remember that some small decisions can make a HUGE impact on the Earth! Global resources are being rapidly depleted and the associated greenhouse gas emissions from extraction, production, and distribution can have a long-lasting negative effect but you have the ability to make a difference. Start by making more sustainable purchasing decisions, tell a friend, and be a part of the solution. By coordinating with your roommates, you can cut down on the number of items that you have to bring which saves time, money, and space. Sometimes, the items below may cost a little bit more upfront but they will usually last a lot longer. Another way to cut down on the amount of items that you need to pack is to buy some items locally at thrift stores; this will save money and will help support a good cause. Also, be sure to pack items in containers that can be reused throughout the year, you won't be looking for a trash can or your parents won't have to haul everything back. Engage us on the [RU sustainABILITY website](#), like our [Facebook group](#), or follow us on [Twitter](#) to find out more about current initiatives and how you can be involved.

### Appliances-

- [Energy Star](#) products (laptops, TVs, DVD players, refrigerator, microwave, etc.)- are more energy efficient
- Rechargeable batteries & charger- reduce the massive number of batteries bought & used every year
- Smart power strips (several)- they can actually detect when an item is not in use to conserve energy
- Compact Fluorescent Light bulbs (CFLs) or Light-emitting Diodes (LEDs)- use less energy & last longer ([Info](#))

### Linens-

- Organic items (sheets, towels, shower curtains, etc.)-reduce the amount of pesticides used worldwide
- Rapidly renewable materials like bamboo, hemp, or wool (sheets, pillow cases, blankets, etc.)- are natural choices

### Recycled Materials-

- Recycled content (paper, bags, containers, pens, notebooks, etc.)- reduce the amount of new materials used
- Reusable plates & utensils- that way you won't need all those petroleum-based plastics for your to-go orders
- Reusable bags (several)-these help carry items from those late night shopping trips
- Reusable mugs or cups- eliminate unnecessary water bottles & you get a discount at Au Bon Pain & Starbucks
- Reusable napkins- less trash to throw away plus you already have to do laundry, so what's another thing or two

### Cleaning Supplies-

- [Homemade](#) or premade cleaning supplies (Mrs. Meyers, Seventh Generation, etc.)- reduce the amount of toxics

### Transportation-

- Bike-bring your bike to get around campus when you're not using the Radford Transit ([bicycle registration](#))