



# Ocean Positive Beach Guide

Your go-to checklist for a saltwater safe day at the beach, lake or pool!

## 1. Plan Ahead

- BYO lunch, snacks, and drinks in reusable containers, bottles and utensils.
- Only bring what you can track – fewer, larger toys reduce the risk of forgotten plastic.
- Know your cleanup zones – locate the nearest trash and recycling bins before you settle in.

## 2. Bring a Reusable Water Bottle (Pre-Filled!)

- Skip single-use plastic! Hydrate sustainably.
- Bonus tip: Add an LMNT packet for an eco-friendly electrolyte boost.

## 3. Pack a Zero-Waste Lunch

- Use reusable containers (silicone, stainless steel).
- Wrap with beeswax or cloth.
- Bring utensils from home and cloth napkins.
- Pack everything in a reusable tote or cooler bag.

## 4. Choose Ocean-Safe Sunscreen

- Protect yourself and marine life with mineral-based, reef-safe sunscreen.
- Look for non-nano zinc oxide and avoid oxybenzone and octinoxate.
- Tip: Lotions are better than sprays — no aerosol inhalation.

## 5. Pack Out What You Pack In

- Take everything home with you, even the tiniest bits!
- Overflowing bin? Don't add to the problem — hold on to your waste until you find another bin or get home.

## 6. Don't Pass It Up — Pick It Up!

- Always bring a trash bag and gloves.
- Pick up any litter you find, even if it's not yours.
- Make it a game: Who can find the most microplastics?

## 7. Bonus Beach-Friendly Tips

- Support local businesses offering planet friendly or plastic-free alternatives.
- Skip balloons or plastic decorations for celebrations — try pinwheels, paper garlands, or kites instead!