



University of Iowa

Office of Sustainability

Green Packing List

What to Bring:

- ☐ LED or CFL Lightbulbs for any lamps you plan to bring
- ☐ Power strips that will protect against energy consumption even when electronics are not in use
- ☐ Bicycle, helmet, bike lock and lights
- ☐ Reusable water bottle, cutlery, plates, napkins, bags, Tupperware, etc.
- ☐ Natural laundry detergent and cleaning products
- ☐ Energy Star certified electronics and appliances
- ☐ House plants to improve air quality

Leave at Home:

- × Disposable items such as paper towels, plastic cutlery, paper plates, etc.
- × Don't bring a car. You can walk, bike or take a Cambus anywhere on campus.
- × Unnecessary electrical appliances, such as printers. ITS provides printers at several locations across campus.
- × Incandescent light bulbs
- × Cleaning products and cosmetics that contain toxic ingredients such as synthetic fragrances, dyes, bleach and petroleum products.
- × Air freshener plug-ins.

Tips:

- ☐ Buy used items whenever possible. This will save you money, and decrease your carbon footprint.
- ☐ If purchasing new, buy items with recycled content and/or that are local, fair trade or organic.
- ☐ Pack with reusable containers such as laundry baskets and plastic bins. If you must use cardboard boxes, make sure to save or recycle them.