



# 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.