99 ways for students to be more environmentally sustainable

There is an unfortunate and inaccurate perception that sustainable behaviors are expensive, and difficult to implement. The Sport Ecology Group is resolved that it is indeed possible for all sport fans, participants, and industry members to adopt sustainable behaviors, and do their part for the planet. As the future leaders of the sport sector, we believe this commitment starts with university students.

To assist with your transition to more sustainable living, we've compiled a list of sustainable behaviors for students. As a bonus, those with a star (*) will also save you money!

1. Repurpose plastic containers
2. Repurpose glass jars
3. Return wine and beer bottles
4. Limit use of hot water* by keeping showers short
5. Use cloths instead of paper towel*
6. Use LED lightbulbs instead of incandescent bulbs*
7. Put on extra layers instead of turning on the heat*
8. Shut the blinds and turn on a fan in the room you're using, instead of turning on the A/C*
9. Open the windows to let in fresh air
10. Turn the lights off when you leave the room*
11. Turn the lights off when daylight is sufficient*
12. Unplug chargers, lights, and appliances when not in use*
13. Purchase recycled toilet paper
14. Plan your meals carefully, follow instructions for portion sizes
15. Decide what you want before opening the refrigerator door
16. Compost food scraps wherever possible
17. Use recycled containers to store food, instead of plastic bags.
18. Choose beeswax or parchment paper instead of plastic wrap

19. Freeze extra food for later (make sure it's tightly wrapped or in a container)
20. Reduce how often you run the dishwasher*
21. Reduce how often you run the washing machine*
22. Wash clothing in cold water*
23. Hang-dry your clothes instead of using the dryer*
24. If using the dryer, use dryer balls (much better than dryer sheets!)
25. Choose natural cleaning agents, ditch the chemical cleaning agents
26. Pay all your bills electronically
27. Unsubscribe to all junk mail
28. Donate any housewares you no longer use
29. Buy second-hand housewares and furniture where possible
30. Purchase only enough groceries for the next few days, so nothing goes bad
31. Skip the plastic bags, choose paper bags or reusable bags*
32. Buy more produce than meats and cheeses*
33. Shop at the bulk food store for dry foods, spices, baking materials, when possible*
34. Shop at the farmer's market for produce, when possible
35. Shop local
36. Combine multiple errands into one trip
37. Order your food online, for delivery (this is like the public transit of grocery shopping: one car on the road, going to-and-from the grocery store, instead of many)
38. Host clothing exchanges with friends*
39. Buy second-hand clothing*
40. Donate used clothing to second-hand shops
41. Repurpose any non-recyclable clothing into rags
42. Buy fewer items of good quality clothing, rather than multiple items of cheaply made clothing (remember: durable is sustainable!)
43. Learn how to identify sustainable materials
44. Shop from sustainable brands
45. Shop from women-owned and minority-owned brands

46. When possible, walk
47. When walking is too far, cycle
48. Subscribe to bike-sharing programs if you don't own a bicycle
49. If a bus or light rail is available, take public transit
50. If taking a car is necessary, car pool
51. If flying is necessary, purchase the carbon offsets
52. When flying, take your own trash off the flight (airlines typically don't recycle or compost; you can!)
53. When planning a trip, consider visiting nearby destinations instead of far-away places
54. At hotels, if possible, share rooms
55. At hotels, reuse towels
56. At hotels, opt to not have your room cleaned each day
57. Use a digital calendar, rather than paper
58. Print fewer readings; do them online
59. Check the library before buying books
60. Purchase e-books instead of print books
61. Sell your used books
62. Use fewer notebooks
63. Only purchase school supplies made from recycled materials
64. Be conscientious of your screen time; if you don't need it, put it in 'sleep mode' so it stops consuming energy
65. Close the extra tabs on your web browser; especially those that will automatically upload, download, stream, or update content
66. Turn the brightness down on your laptop or phone
67. Conserve energy by turning the wifi off on your device when not in use
68. Build in enough time between classes to walk to your next class
69. Bring your own coffee
70. Bring your own water bottle
71. Ask your professor whether the lights in the classroom are necessary, or if daylight will suffice
72. Join a sustainability-oriented club. If none exist, start one.
73. Take a sustainability-oriented course. If none exists, ask the librarian for reading material.
74. Learn about the sustainability measures being implemented by your university.

75. Choose sustainable transport to get to your gym, pool, field, etc.
76. Purchase sports drink powder in bulk, rather than individual bottles or sachets*
77. Keep your post-workout shower short
78. Use your neighbourhood and nearby sport facilities, rather than traveling far*
79. Stay on the trails and designated sporting spaces, leave all spaces as clean (or cleaner) than you found them
80. Bring recycling bags and composting bags to your tailgate
81. Do not drive to sporting events; take public transit
82. Get your tickets digitally
83. Skip the straws at the concessions
84. Choose snacks that don't come in plastic wrapping
85. Ask the staff at sport stadiums what sustainability measures are in place, then tell a friend
86. If viewing from home, watch the game with friends, instead of having multiple people watching on multiple devices
87. Call your government representatives to voice your concern about climate change
88. Attend demonstrations and marches
89. Participate in community clean-ups, park clean-ups
90. Participate in tree planting initiatives
91. Participate in a community garden; if none exist in your area, start one
92. Volunteer for an environmental NGO
93. Challenge your employers to be more sustainable
94. Vote in every election for which you are eligible
95. Use environmentally-friendly search engines
96. Talk to your friends and family about climate change, and what you're doing about it
97. Share this list with friends and family
98. Hold your loved ones accountable for their environmental footprints
99. Commit to consistent improvement.

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