



WEEKLY DETOX SERIES

EMPTYING YOUR TRAVEL BAG

THIS WEEK WE TAKE A LOOK IN YOUR BAG & BREAK DOWN THE HIDDEN TOXINS AND OFFER YOU SOME HEALTHIER ALTERNATIVES.

BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU

Protect yourself & the planet

YOUR TRAVEL BAG IS READY FOR SUMMER GETAWAYS – BUT IT MIGHT ALSO BE CARRYING MORE THAN MEMORIES. FROM MINI TOILETRIES AND FAST-FASHION OUTFITS TO PLASTIC-WRAPPED SNACKS, THE CONTENTS OF YOUR SUITCASE COULD BE PACKED WITH TOXIC CHEMICALS AND WASTEFUL MATERIALS THAT HARM YOUR HEALTH AND THE ENVIRONMENT.

THIS TOXIC TRAVEL BAG AUDIT UNCOVERS THE HIDDEN HAZARDS OF VACATION PACKING AND OFFERS ECO-CONSCIOUS SWAPS THAT PROTECT YOU, THE COMMUNITIES YOU VISIT, AND THE BEACHES WE ALL LOVE.



BEACHES GO GREEN 2.0



HEALTHY PLANET
HEALTHY YOU



The Biggest Offenders

& simple swaps to protect you and the planet





Let's Unpack

the hidden toxins



SUITCASES & PACKING CUBES (CONVENTIONAL MATERIALS)

TOXINS: PVC, POLYURETHANE, PHTHALATES, FORMALDEHYDE, AZO DYES, PFCS (FOR WATER RESISTANCE)

- **HUMAN IMPACT:** SKIN AND RESPIRATORY IRRITATION; HORMONE DISRUPTION FROM PHTHALATES; OFF-GASSING OF VOCs DURING STORAGE OR TRAVEL
- **ENVIRONMENTAL IMPACT:** NON-BIODEGRADABLE; MICROPLASTIC SHEDDING; TOXIC CHEMICAL RELEASE DURING PRODUCTION AND BREAKDOWN; LANDFILL BUILDUP

LOW-QUALITY TECH ITEMS (CHARGERS, POWER BANKS, HEADPHONES)

TOXINS: LEAD, BROMINATED FLAME RETARDANTS, PHTHALATES, PVC, HEAVY METALS (CADMIUM, MERCURY), SOLDER FUMES

- **HUMAN IMPACT:** SKIN CONTACT AND HANDLING RISK; TOXIC FUMES DURING HEAT OR MALFUNCTION; LONG-TERM EXPOSURE TO HEAVY METALS
- **ENVIRONMENTAL IMPACT:** E-WASTE POLLUTION; LEACHING OF HAZARDOUS MATERIALS INTO SOIL AND GROUNDWATER; NOT DESIGNED FOR REPAIR OR RECYCLING



Let's Unpack

the hidden toxins



TRAVEL-SIZED TOILETRIES (PLASTIC PACKAGING & CONVENTIONAL PRODUCTS)

TOXINS: PARABENS, PHTHALATES, SULFATES (SLS/SLES), TRICLOSAN, SYNTHETIC FRAGRANCE, MICROPLASTICS

- **HUMAN IMPACT:** ENDOCRINE DISRUPTION, SKIN IRRITATION, ALLERGIES, INCREASED TOXIC BODY BURDEN FROM CHEMICAL EXPOSURE
- **ENVIRONMENTAL IMPACT:** SINGLE-USE PLASTIC WASTE; WATER POLLUTION FROM RINSE-OFF CHEMICALS; BIOACCUMULATION IN MARINE LIFE

SINGLE-USE WATER BOTTLES

TOXINS: BPA/BPS, ANTIMONY (LEACHED FROM PET PLASTIC), PHTHALATES

- **HUMAN IMPACT:** HORMONE DISRUPTION; POSSIBLE LONG-TERM EXPOSURE TO LEACHED CHEMICALS FROM HEAT/SUNLIGHT
- **ENVIRONMENTAL IMPACT:** MAJOR CONTRIBUTOR TO OCEAN AND BEACH PLASTIC POLLUTION; PRODUCTION EMISSIONS; LESS THAN 10% ARE RECYCLED GLOBALLY

CONVENTIONAL SUNSCREEN

TOXINS: OXYBENZONE, OCTINOXATE, HOMOSALATE, AVOBENZONE, PARABENS, SYNTHETIC FRAGRANCE

- **HUMAN IMPACT:** HORMONAL DISRUPTION; SKIN IRRITATION; SYSTEMIC ABSORPTION (FOUND IN BLOODSTREAM AND BREAST MILK IN STUDIES)
- **ENVIRONMENTAL IMPACT:** CORAL REEF BLEACHING AND MARINE TOXICITY; BIOACCUMULATES IN AQUATIC LIFE; PACKAGED IN NON-RECYCLABLE PLASTICS

FAST-FASHION "VACATION OUTFITS"

TOXINS: AZO DYES, FORMALDEHYDE, HEAVY METALS (CHROMIUM, LEAD), SYNTHETIC FIBERS (POLYESTER, NYLON)

- **HUMAN IMPACT:** SKIN IRRITATION, ALLERGIC REACTIONS, POTENTIAL LONG-TERM HEALTH EFFECTS FROM FABRIC OFF-GASSING
- **ENVIRONMENTAL IMPACT:** MICROFIBER POLLUTION; TOXIC DYE RUNOFF; ENERGY-INTENSIVE AND UNETHICAL PRODUCTION; LANDFILL AFTER MINIMAL USE

Rewrap to protect:

Essentials That Honor Your Health & the Planet



SUITCASE & PACKING CUBES

SUITCASES MADE FROM RECYCLED POLYCARBONATE, ALUMINUM, OR ORGANIC/RECYCLED FABRICS

PACKING CUBES MADE FROM RECYCLED PET, GOTS-CERTIFIED ORGANIC COTTON, OR UNDYED HEMP CANVAS

LOOK FOR BLUESIGN®-CERTIFIED COMPONENTS

CLOTHING

CLOTHING MADE FROM ORGANIC NATURAL FIBERS

OPT FOR SECONDHAND, THRIFTED, OR RENTAL PIECES (E.G., RENT THE RUNWAY, NUULY)

SUPPORT SUSTAINABLE FASHION BRANDS WITH LOW-IMPACT DYES AND TRANSPARENT SUPPLY CHAINS

CHOOSE VERSATILE, CAPSULE WARDROBE PIECES YOU'LL REWEAR

TECH ITEMS

ROHS- AND EPEAT-CERTIFIED TECH (E.G., ANKER, NIMBLE, FAIRPHONE)

CARRY ONLY ESSENTIAL, HIGH-QUALITY ITEMS; USE RECHARGEABLE BATTERIES, SOLAR CHARGERS, AND REPAIRABLE GEAR

Rerepack to protect:

Essentials That Honor Your Health & the Planet



WATERBOTTLE

REFILLABLE STAINLESS STEEL OR BPA-FREE REUSABLE WATER BOTTLES

CHOOSE INSULATED OPTIONS TO KEEP DRINKS COLD ALL DAY WITHOUT LEACHING CHEMICALS

SUNSCREEN

MINERAL-BASED SUNSCREENS WITH NON-NANO ZINC OXIDE OR TITANIUM DIOXIDE

PACKAGED IN METAL TINS, COMPOSTABLE TUBES, OR GLASS JARS

LOOK FOR REEF-SAFE, EWG-RATED, AND CERTIFIED TOXIN-FREE BRANDS

TOILETRIES

REFILLABLE SILICONE TRAVEL CONTAINERS (BPA-FREE, PLATINUM-GRADE) FILLED WITH CLEAN PERSONAL CARE

SOLID TOILETRIES: BAR SHAMPOO, CONDITIONER, TOOTHPASTE TABS

CHOOSE CERTIFIED NON-TOXIC, BIODEGRADABLE, AND CRUELTY-FREE FORMULAS IN PLASTIC-FREE PACKAGING