



WEEKLY DETOX SERIES

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# 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



**STANDARD  
TRAVEL  
GEAR**



**ECO-  
FRIENDLY  
TRAVEL  
GEAR**



**SINGLE-USE  
PLASTIC  
BOTTLE**



**STAINLESS  
STEEL WATER  
BOTTLE**



**BASIC  
SUNSCREEN**



**NON NANO,  
MINERAL  
SUNSCREEN**



**TRAVEL  
SIZED  
TOILETRIES**



**REFILLABLE  
TRAVEL  
BOTTLES**



**LOW-  
QUALITY  
TECH ITEMS**



**CERTIFIED,  
HIGH-  
QUALITY  
GEAR**



**FAST  
FASHION  
ITEMS FOR  
"VACATION  
LOOKS"**



**RENT, THRIFT  
OR BORROW  
CLOTHING**





# *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

# Repack 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

# Repack 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