

**5 things you can do this**

# **SUP- TEMBER**

**during lockdown!**

SUP = Single use plastic

**1.**

## **Clean-up**

Pick up rubbish to go towards your club's participation score and chance to win the clean-up challenge! There are prizes for the most creative activity and the best clean-up photo too

**2.**

## **Stay educated**

Watch documentaries and movies on SUP  
Use [this link](#) see our top picks!

**3.**

## **Get crafty**

Why not swap your SUP cling wrap for [homemade beeswax wraps](#) that are affordable, durable and easy to make

**4.**

## **Help ban SUPs**

Sign petitions from SUP activists and organisations that are calling for change: [AMCS](#), [Ban Soy Fish](#), [Boomerang Alliance](#)

**5.**

## **Use cloth face masks**

Swap to reusable cloth masks that are SUP-free and super stylish!

Remember to stay safe :)