



Feel good . . .

Seven things you can do to help save the planet and support Hostelling Scotland's green policy

We're striving to reduce the environmental impact of our activities and hope our guests will support us. Here are some tips on how you can help:

Conserve energy

Help us reduce energy by switching off lights, turning down heaters, closing windows if the heating is on and not leaving appliances on standby. [The Energy Saving Trust](#) provides more information on what you can do to help.

Give the car a rest

Leave the car behind, if only for a day. Why not walk, cycle or use public transport – we'll happily give you advice. To get you started, learn about [reducing your carbon footprint](#) through car sharing and bike hire and plan your route with the help of [Traveline](#), [D&E Coaches](#), [Stagecoach Bus](#), [CityLink](#) or [CalMac](#).

Shop local

Use local products, they give you a taste of the local area and help support local communities. We are fortunate to have some fantastic producers of food, drink, arts and crafts in Scotland.

Reduce, reuse, recycle

Try to avoid overly packaged goods and say no to the extra carrier bag. Help us in our efforts to recycle by putting aluminium cans, glass, plastic bottles, paper, card and batteries in the correct bins. Particularly in our rural youth hostels, take home items which are not recyclable locally but can be commonly recycled in urban areas.

Be water wise

The UK is facing rising costs for water treatment and flood defence, so please use water wisely. [Waterwise](#) offers plenty of tips on how you can contribute. Even turning off the tap while brushing your teeth will help. Every drop counts!

Respect nature

Help us to look after the landscape and wildlife. Play your part in helping Scotland be [litter free](#) and follow the [Countryside Code](#) when you're out exploring. The staff in our hostels have an abundance of local knowledge, so find out about ranger-guided events, eco/wildlife tours and public transport to get you there.

We welcome guests' comments about additional improvements we can make and how well we're doing via our website or in person at our youth hostels.

We want a greener, healthier planet for all to enjoy