

# CLEANING UP THE HIMALAYA

## 10 tips for 10 Pieces

Thank you for volunteering to participate in the **10 Pieces** litter collection initiative. **10 Pieces** enables travellers to truly make a difference to the environment by simply picking up **10 pieces** of litter. Collectively, we can create a cleaner world.



[10pieces.com.au](http://10pieces.com.au)



leave no trace



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### **BYO gloves and hand sanitiser**

Bring a pair of sturdy gloves (preferably with a nitrile coating to keep your hands dry) and some hand sanitiser. We'll provide you with a reusable rubbish collection bag as well as a satchel to place your dirty gloves in. These bags are to be returned to your guide at the end of your trek.

2

### **Focus on plastic and paper**

Plastic and paper are the focus. Your trek crew has in place an effective incinerator system that enables them to responsibly dispose of paper and plastic at the campsites. Please avoid picking up glass, tin and aluminium.

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### **When and where?**

Your guide will nominate a section of the trail that is littered. It should take less than one minute to collect **10 pieces** of rubbish. The number '10' is nominal and so if you'd like to collect more litter, you are welcome to. Please be mindful of your fellow trekkers and make sure your additional litter collection doesn't hold up or bother the group. Only collect what can be carried to the campsite and then incinerated that evening.

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### **Stay safe**

Pick up litter along the trails where it's safe to do so and without venturing off the track. Avoid picking up any hazardous items.

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### **Incinerating is the best option**

At camp your crew will incinerate the paper and plastic collected during the day. We responsibly burn litter in remote areas because often it's the best solution, reducing the pressure on landfill. Our incinerator system burns as cleanly and as thoroughly as possible and in a contained manner so that no scar is left on the environment.

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### **Leave nothing behind**

The locals rely on the bins and landfills that you'll pass by on your trek. If we fill them up, they'll have nowhere to dispose of their litter. All litter collected is to be incinerated.

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### **It's all about education**

Litter was not an issue in these remote communities, before the onset of tourism. Traditional 'packaging' came in the form of biodegradable bamboo and pottery. Without harm the local villagers and herders left this traditional package lying around. Tourism brought with it non-biodegradable litter, and without education some of the local people continue to leave this litter lying around. Through our **10 Pieces** initiative, we aim to educate both locals and other travellers alike, by setting a good example.

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### **Get creative**

We'd love to get photos and videos of you and your fellow travellers cleaning up wilderness trails. Please share them with us when you return home.

#10piecescleaner

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### **Spread the word**

Talk about your involvement in **10 Pieces** on your social media channels and inspire your friends and family to take part.

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### **Stay in touch**

Join us on [facebook.com/10PiecesCleaner](https://www.facebook.com/10PiecesCleaner) and stay in touch. We'd love to hear about your **10 Pieces** experience.

Your guide will tell you more about 10 Pieces upon arrival. In the meantime, if you have any questions, please email [donna@worldexpeditions.com](mailto:donna@worldexpeditions.com)