

WHAT TO BRING WHEN YOU MOVE IN

TO AUSTRALIA'S FIRST CERTIFIED
CARBON NEUTRAL UNIVERSITY

ESSENTIALS

- ✓ Computer
- ✓ Headphones (if bringing portable sound system)
- ✓ Laundry bag / pegs
- ✓ Linen / doona / pillow
- ✓ Coat hangers
- ✓ Rechargeable batteries
- ✓ First aid kit
- ✓ Umbrella, rain coat, hat
- ✓ Padlocks
- ✓ Water bottle
- ✓ Shower shoes
- ✓ Fan (If your building is not air conditioned)

KEEP IT CLEAN

- ✓ Dryer Balls
- ✓ Phosphate-free front loader laundry detergent
- ✓ Micropellet-free hand soap and face/body wash
- ✓ Toiletries
Bamboo toothbrush and sustainable toothpaste
- ✓ Washable cloth towels (hand, bath, dish etc)
- ✓ Shower caddy
- ✓ Recycled paper tissues
Alternatively, try using a washable handkerchief! (PRO TIP)
- ✓ Air refreshener
- ✓ Eco disinfectant spray & reusable cloth
- ✓ Iron

FOOD FOR THOUGHT

Join the CSU War On Waste by bringing the following items for your meals.

- ✓ At LEAST 1 reusable take-away food container, fork, knife and spoon
- ✓ Phosphate-free dish soap
- ✓ Reusable shopping bags
CSU is plastic bag free
- ✓ Reusable cups
- ✓ Reusable bowl(s) & plate(s)
- ✓ Mug or Keep Cup

If you're in self-catered accommodation, also bring cooking utensils, pots and pans, crockery, cutlery, and washing up supplies.

OFFICE SPACE

- ✓ Refillable pens, recycled paper or wood pencils
- ✓ Highlighters
- ✓ Desk organiser
- ✓ Calculator, scissors
- ✓ Recycled paper products (notebooks)
- ✓ Biodegradable sticky tape
- ✓ Thumbtacks, stapler
- ✓ Whiteboard markers

STORAGE & FUN

- ✓ Shoe rack
- ✓ Hanging closet shelves
- ✓ Wall decorations (posters, pictures)
- ✓ Energy Star Certified TV (must be test & tagged and we recommend less than 25 inches)
- ✓ Speakers, HDMI cable, whiteboard, tool kit
- ✓ Dress up costumes (pick them up from a charity shop when you arrive to campus)
- ✓ Bicycle (Gets you to those distant corners of the campus nice and fast without using a car)

LEAVE AT HOME

- ✗ Microwaves
- ✗ Extension Cords
- ✗ Non-Service Animals
- ✗ Plug-in Air Fresheners
- ✗ Hooks and Velcro
- ✗ Candles and Incense
- ✗ Open-Coiled Appliances (grills, toasters, space heaters)
- ✗ Wireless Routers



The leaf? Indicates sustainable options!
Many companies offer sustainable products.
Find more information at

www.sustainablelivingguide.com.au



What are micro-pellets?

Micro-pellets are the tiny ball-like pebbles found in exfoliating hand soaps and facial scrubs. These plastic pieces are not biodegradable, they present a threat to marine ecosystems once they are washed down the drain



What does it mean to be sustainably sourced?

All products have a supply chain, and each point of the supply chain can have an environmental impact. Examples include tissues that are made with recycled paper or air freshener that does not include toxic chemicals.



How can cleaning products be sustainable?

Consider the different parts that make up an item; the packaging, the labels, and the contents. Choose products that use recycled plastic to create the bottle and exclude any chemicals in the soap that might be harmful to ecosystems once it is washed down the drain.



Does reusing my water bottle really make a difference?

Short answer: yes. Long answer: since the installation of our first residential hydration stations, we have reduced the need to purchase bottled water. Only one in four plastic bottles are recycled in Australia so the remainder goes into landfill or pollutes our waterways.



Charles Sturt have joined the War On Waste #CSUWarOnWaste

When you visit a CHEERS food outlet you can join the Charles Sturt War On Waste. Dine in and have a meal with reusable crockery and cutlery, bring your refillable water bottle to a hydration station or get your coffee in a Keep Cup or reusable mug.

WHAT YOU CAN DO?

Reduce packaging and food miles - shop at your local Wholefood Co-op or Farmers Market. Make your own environmentally friendly cleaning products (e.g. with bicarb and vinegar). Eat sustainably – reduce meat intake, reduce food waste (order and make only what you can eat and eat leftovers). Bring your Keep Cup or reusable mug. Get involved with sustainability initiatives on campus with your student Sustainability Advisor and Campus Environment Committee. Follow CSU Green on Facebook www.facebook.com/csugreen.