



## Pack it in, pack it out

This section provides more details regarding Rule 6: “Carry all non-biodegradable waste packaging to the end of each stage”.

Biodegradable waste refers to anything you feel comfortable i) discreetly throwing into a hedgerow, or ii) disposing of in a toilet; ‘non-biodegradable waste’ refers to everything else.

By confronting the conventional ‘out of sight, out of mind’ culture, this rule is designed to:

1. reduce the amount of waste we generate while riding;
2. stimulate innovative approaches to try to reduce this footprint; and
3. generate conversations about our broader environmental impact.

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We ask you to collect your waste packaging in **two distinct streams** as per the standard UK household collection:

- recyclable – traditional recyclables (**clean** plastic, cans/metal, glass), paper/cardboard, and plastic products that are marked ‘recycle with bags at large supermarket’)
- non-recyclable – everything else

Once you have made it to a checkpoint, posted your timestamped photo, and had a chance to decompress, volunteers will be on hand to take your two streams of waste. They will then log it by photographing it in a set format before discarding/recycling it.

**It is important the volunteers photo your waste before it is discarded/recycled.** If you arrive at a checkpoint when no volunteers are around, please keep hold of your waste until it’s been logged. If it’s clear no volunteers are available, then please take a photo of it yourself.

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Since publishing our GBDURO manual on 1 Jan 2023, we have been thrilled to see the launch of Taylor Doyle’s Plastic Free Time (PFT) concept. The PFT concept is harder than our #packitinpackitout rule outlined here as it requires forward-thinking to avoid the use of single-use plastic, but we encourage any bold riders to take the pledge if you would like to: <https://theradavist.com/ultra-distance-plastic-resistance-pledge/>