

# Go on a litter pick or beach clean

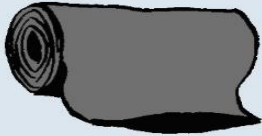
## You will need:

- an adult helper
- a group of friends (optional but useful!)

- thick gardening gloves



- strong bin bags



- brightly coloured clothes (for visibility near roads)



- suitable footwear (sturdy boots for rocky beaches)



Ask an adult to take you on a litter pick or beach clean.

Ask an adult if you're not sure whether to pick something up.

## Things to avoid

- broken glass
- sharp objects
- dog poo bags
- anything dirty or dangerous
- large or heavy rubbish
- bottles of liquid



Try not to overfill bags to avoid splitting.



You could try separating litter into different bags for recycling.



cigarette butts



bits of plastic



empty cans



crisp packets or wrappers



carrier bags



fishing net



empty bottles



paper

