

SUSTAINABILITY TOOLKIT FOR GUESTS

Small changes. Big difference - and it should be measurable.

1. Everyday Actions With Real Impact Save Energy

• Switch off lights and devices when not in use Did You Know? Turning off unnecessary lights and electronics can save around 15 kg of CO_2 per month - that's over 2 stone, or like avoiding the emissions from driving 60 miles.

• Make the most of natural daylight Did You Know? Making use of daylight reduces the need for artificial lighting and cuts emissions equivalent to taking a car off the road for a day.

• Set the heating to between 19–21°C Did You Know? Reducing your thermostat by just 1°C can cut your heating emissions by 6% - about 20–25 kg of CO_2 per month, or skipping a 65-mile car journey.

• Take the stairs instead of the lift Did You Know? Taking the stairs burns calories and avoids electricity use. In a month, this small swap can prevent emissions equal to charging your phone over 300 times.

Save Water

• Keep showers to 5 minutes Did You Know? A 5-minute shower saves over 1,400 litres of water per month — that's more than 2,400 pints, or the same as 18 full bathtubs!
• Report leaking taps or loos Did You Know? A dripping tap can waste over 3,000 litres a year — that's 5,500 pints, or enough to boil over 4,000 kettles! Please report any leaks immediately.
• Reuse your towels Did You Know? Using your towel more than once saves 15 litres of water per wash - about 26 pints and helps avoid 0.5 kg of CO_2 from each load of laundry.

Reduce Waste and Recycle Right

• Separate recycling correctly Did You Know? Recycling an aluminium can saves enough energy to power a television for 3 hours.
• Compost food scraps (where available) Did You Know? Composting 1 kg of food waste prevents 1.8 kg of CO_2 — the weight of 1.5 bags of coal not burned.
• Avoid single-use plastics Did You Know? Each plastic bottle avoided prevents around 83 grams of CO_2 - or enough energy to boil 12 kettles.
• **Check green claims and labels and select products wisely**
Did You Know? Looking for trusted eco-labels helps you choose truly environmentally friendly cleaning products. For a helpful guide on green claims and labels, see: DEFRA Shopper's Guide to Green Labels
Did You Know? Making your own cleaning products reduces plastic waste and avoids harmful chemicals. Learn how here: Greenpeace Guide to Natural & Reduced Waste Cleaning



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2. Travel Smart

Walk for short distances

• London is a walkable city. Try walking instead of short Tube or bus trips — it's good for your health and the planet.

Did You Know? A 1-mile walk instead of a car saves 0.3 kg of CO_2 — and keeps urban air cleaner. Ride a bike (Santander, Lime, or own)

• Santander, Lime, and Tier bikes are widely available across the city.

Did You Know? Cycling instead of driving just 5 miles avoids 1.5 kg of CO_2 — that's like saving the emissions from boiling 300 kettles. Use public transport

• London's public transport is one of the best - Tube, trains, and buses are low-emission alternatives to private cars.

Did You Know? A full bus takes up to 75 cars off the road - saving 100 kg of CO_2 per trip.

• Plan your journey and learn more about fares and accessibility at: Transport for London (TfL) Journey Planner National Rail Enquiries – UK Train Travel Info Use trains for UK and nearby European journeys (up to 5 hours)

• Eurostar and UK rail are easy, fast, and green.

Did You Know? Taking the train from London to Paris cuts emissions by up to 90% compared to flying — saving up to 50 kg of CO_2 per trip. If you need a car, use Uber Green or EV taxis

• Choose electric options where possible — they're available through apps like Uber and Bolt.

Did You Know? Uber Green rides emit at least 25% less CO_2, and the app tracks your emissions savings.



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3. Shop Smart & Eat Sustainably

• Use the tote bag provided

• Shop local — explore London's local markets and independent shops for fresh, sustainably sourced produce:

London Farmers' Markets

London Food Link – Local Food Network

Real Food Market

• Try a plant-based meal Did You Know? One plant-based meal can save over 1,300 litres of water and 2–3 kg of CO_2 — more than a 15-mile car trip.



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4. In Your Apartment: The Green Guest Kit

Item	What It's For	What It Saves
Reusable Tote Bag	Replaces plastic bags	Prevents 700+ plastic bags — a full shed's
Water Bottle	Cuts out single-use bottles	Saves energy equal to boiling 40 kettles
Mini Recycling Bins	Helps you sort waste	Can double recycling efficiency
LED Lighting	Energy-saving bulbs	Uses 80% less energy, lasts 25× longer
Eco Cleaning Kit	Low-tox and refillable	Reduces river and stream pollution



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5. Green Living Digital Hub (via QR Code)

• Local Green Map – Eco cafés, refill stations, food markets, and charity shops

• Your Eco Impact Tracker – Log your actions and see: There are many carbon footprint calculator app to help you track, reduce, and offset your emissions, here are some of the best options:

Personal Carbon Footprint Calculator & Offsetting App

Earthly

• Recycling Made Easy – Localised visual guide

6. Around the Apartment: Friendly Reminders

• Bathroom: “A 5-minute shower saves enough water each week to fill three bathtubs.”

• Kitchen: “Compost your leftovers — each kilo saved = 1.5 coal bags’ worth of CO_2 avoided.”

• Front Door: “Before you head out: lights off? Tap off? That’s like avoiding a 50-mile car trip every week.”

• Hallway/Stairwell: “Take the stairs — it’s healthier for you and the planet.”



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7. Optional Eco Upgrades

• Bike Hire or Bus Travel Did You Know? Replacing a short car trip with a cycle saves 3 litres of petrol worth of emissions.

• Toiletry Refill Station Avoids 13 kg of plastic waste per room per year — that's 2 bowling balls' worth.

• Volunteer Locally One hour of local volunteering can restore habitat for dozens of pollinators and birds.

8. After Your Stay

• Green Guest Certificate

See your savings in:

- Miles not driven
- Pints and bathtubs of water saved
- Waste reduced in bin bags

• Eco Perks for Returning Guests

- Trees planted in your name