

Individual's Checklist

Energy

- Conduct an energy audit to understand your energy use [Learn more →](#)
- Turn off power points and appliances when not in use
- Wash your laundry on cold and dry on the line rather than use the tumble dryer
- Close blinds during the day when hot to limit the need to use aircon
- Install awnings outside windows in direct sunlight to prevent heat entering rooms
- Set thermostats to 20c max in winter (heating) and 25c min in summer (aircon)
- Switch to energy-saving, LED lightbulbs
- Join the NSW Energy Savings Scheme [Learn more →](#)
- Choose an environmental electricity supplier [Learn more →](#)
- Insulate roof cavities and underfloor [Learn more →](#)
- Install solar panels and storage battery [Learn more →](#)

Transport

- Limit car use as much as you can. Walk, cycle or use public transport instead
- If you can only reach your place of work by car, consider setting up a carpool
- Purchase carbon credits to offset your car's emissions
- Replace a face to face meeting with a virtual meeting online
- Limit your flights. Holiday locally and buy carbon offsets if you must fly
- Pack as light as possible when you travel. (More weight = more energy/emissions.)
- Next time you purchase a car, invest in a hybrid or electric vehicle. [Learn more →](#)
- Enrol with a car share scheme rather than buying a second car [Learn more →](#)

Water

- Take a re-useable water bottle when you go out
- Look out for water restrictions and follow Sydney Water advice [Learn more →](#)
- Fill and chill re-useable bottles rather than running the tap to get cold water
- Make sure you're using a water-saving shower head and limit showers to 4 mins
- Fix leaky taps as soon as they appear
- Stock your garden with native plants that are more drought tolerant
- Collect rainwater in buckets or rain tanks to use on the garden rather than tap water
- Install a smart drip irrigation system for your garden if you have one

Food

- Buy fruit & veg that are in season and locally sourced [Learn more →](#)
- Plan your meals carefully so you buy what you need and waste less [Learn more →](#)
- Freeze food for later if you cook too much or don't have time to finish
- Try "Meat Free Mondays," (1 day a week when you don't eat meat) [Learn more →](#)
- If you buy meat, use a local butcher to source locally and avoid excessive packaging
- Start growing your own vegetables, herbs and fruit [Learn more →](#)
- Download the Darwin Challenge app to track your carbon footprint [Learn more →](#)

Individual's Checklist

Waste

- Take a re-useable water bottle with you whenever you go out
- Say “no” to single-use plastics (carrier bags, straws, cutlery, water bottles, coffee cups, etc)
- Buy re-useable glass/plastic containers for lunch and storage to reduce packaging
- Keep re-useable shopping bags in the car and remember to use them when shopping
- Buy the odd-shaped fruit and vegetables
- Switch from disposable batteries to re-chargeable
- Re-use wrapping paper or use a sustainable alternative like fabric (eg Furoshiki)
- Choose gifts that have minimal/no plastic packaging
- Recycle coffee pods and use loose-leaf tea in a diffuser rather than tea bags
- Avoid buying products with unnecessary or excessive packaging
- Mend & repair things if you can, or buy second hand rather than new [Learn more →](#)
- Understand the environmental impact of different clothing fabrics
- Use brown paper bags or greaseproof paper to wrap sandwiches rather than clingfilm
- Before you buy something new, including clothes, ask yourself “Do I really need it?”
- Borrow or rent items that you only use occasionally, even if you can afford to buy
- Use a hairdresser that is part of Sustainable Salons Australia [Learn more →](#)
- Compost your food scraps or start a worm farm [Learn more →](#)
- Avoid buying things that cannot be recycled

Finance

- Understand the power you have as a consumer to influence big institutions
- Investigate your bank and switch to one who does not invest in or lend to fossil fuel industries [Learn more →](#)
- Switch your super to an institution that doesn't invest in fossil fuels [Learn more →](#)
- Choose to spend your money with businesses who support a clean environment
- If you have a financial advisor, make sure they and their products are certified by the Responsible Investment Association Australia [Learn more →](#)
- Only invest in companies that deliver or are committed to net zero [Learn more →](#)

Other

- Donate to carbon sequestration programmes to offset the emissions you can't avoid.
- Support organisations with proactive environmental support programmes