



# How can you get involved?

The #OneLess campaign is setting out to rid London of single-use plastic water bottles by 2021. As Londoners, we value the ocean and what it gives us and can take personal action to help protect it. Here's some information on how you can get involved.

**L**ondon-on-Sea. As Londoners, our lives are inextricably linked to the ocean through the River Thames. Just as the ocean reaches in and touches us, our actions reach out and touch the ocean. A single-use plastic water bottle, used just once and then discarded, could make its way via the Thames to the ocean where it will persist for centuries.

**We don't need to use single-use plastic water bottles.** In the UK we are fortunate enough to have some of the cleanest drinking water in the world, easily accessible from a tap. We can express our concern for the ocean by avoiding single-use plastic bottles, choosing instead to carry a refillable bottle as a statement of ocean care. It's a small and very simple step that makes a big difference.

**The #OneLess campaign invites you to make a personal commitment to the ocean** by pledging to stop using single use plastic water bottles, replacing them with a refillable bottle. To make the pledge, take a selfie

with your refillable bottle and tweet it @OneLessBTL using the hashtag #OneLess. You can also inspire and encourage others to take that same action. Together we can free London, the Thames, and our ocean from harmful plastic.

**There are lots of alternatives to single-use plastic water bottles.** Swapping your single-use water bottle for one of the many refillable alternatives out there is an easy step that makes a big difference to our ocean. There are lots of disposable alternatives, too.

**As a business or organisation, you can inspire your colleagues and customers** to make the #OneLess pledge. We invite you to explore the possibility of removing all single-use plastic water bottles from your offices or retail outlets, encouraging the use of refillable bottles, installing drinking fountains where your colleagues and customers can fill up their refillable bottles, and offering alternatives to single-use plastic water bottles.