



## Green Tips

---

### 2006-07 Season

September 2006

**Tip #1:** When leaving your room/condo make sure to close the windows and avoid the wasted energy involved when the thermostat and the cooler air outside play cat and mouse while you are gone.

October 2006

**Tip #2:** For those of us looking forward to the skiing season there is an issue we need to consider before we gear up for the fun. Since the 1980s, ski wax manufacturers have been using perfluorocarbons (PFCs) in their wax. PFCs were considered ideal additives for ski wax because they are water repellent and have low friction coefficients. However, it has now been shown that their risks far outweigh their benefits. PFCs break down into perfluorooctanoic acid (PFOA), a man-made chemical which has been shown to cause cancer, birth defects, and organ damage in laboratory animals. This chemical finds its way into the environment when excess wax is thrown in the garbage or when the thin membrane of wax on a ski is gradually worn off on the slopes. With the melting of snow in the spring, the toxic PFOA is carried into our water and most sensitive habitats.

What kind of wax will we use from now on? Although we can't undo the harm that's been done, we can stop contributing to it by choosing to use environmentally friendly ski wax.

\* "Alive: Canada's Natural Health Magazine" November 2005 issue

November 2006

**Tip #3:** Hotels and airlines which have an environmental agenda deserve your patronization. Book or have your tour operator book your guestrooms and meeting rooms with hotels that are clearly interested in protecting our environment, and let management



know that's why you've chosen their hotel. Green friendly hotels are encouraged to implement water-saving measures, execute energy-saving techniques and reduce solid waste. Hotels can offer towel and sheet-changing options, soap and shampoo dispensers, guestroom recycling baskets and reduced food-related waste. Almost all guests realize that we need to help protect our favorite destinations. Those guests are more than willing to participate in a hotel's green program. BE this type of guest. During your hotel stay, let management know that it is not necessary to change your towels and sheets every day. When you leave the room, turn off the AC/heat, lights and TV. Leave the little bottles of shampoo, if you don't use them. Participate in hotel linen programs, or let the hotel know that it's not necessary to change your sheets and towels every day. Reduce the amount of water used for bathing or showering by taking less time. Participate in hotel recycling programs by placing recyclables in appropriate bins. Keep bar soap wrappers and take used bars of soap home.

December 2006

**Tip #4:** If you are drinking on the bus or at the hill, bring a nalgine bottle and reuse it during the trip for your drinking pleasure, instead of throwing away Gatorade, pop bottles etc...

January 2007

**Tip #5:** Don't leave the lights on in your room when you leave for the day or go out for the night - a river had to be dammed to make that light go on, so tread lightly on the environment and turn it off.

February 2007

**Tip #6:** Carpool, or better yet, take a bus tour with Backside Tours. This helps reduce greenhouse gas emissions from too many cars and takes the pressure off resorts having to build huge parking lots.

March 2007

**Tip #7:** When you are at a resort with your own hot tub, put the lid on your hot tub when you're not using it so the heat doesn't escape.



This way, you use less energy keeping the water warm. Also, always soak with a friend! Multiple people in the tub makes it more efficient.

April 2007

**Tip #8:** Take photos with a regular camera. Disposable cameras are very wasteful and expensive. If possible use a digital camera for your memories.

Special Blue Moon edition

**Supplement Tip:**

Summer trails are designed to avoid areas that are sensitive to disturbances. Help preserve delicate flora and fauna by sticking to marked trails when hiking and biking and by packing out what you pack in.

---

## 2007-08 Season

August 2007

**Tip #9:** As a supplement to last year's wax tip, instead of priming your skis or board with petroleum chemical wax, which can wind up in groundwater, get 100% biodegradable soy-based BioGlide wax!

\*(pg 269, [ECOHOLIC 2007](#) Adria Vasil)\*

September 2007

**Tip #10:** Support local economies by seeking out locally owned lodging and dining establishments, locally grown food and locally manufactured products and crafts.

October 2007

**Tip #11:** The Earth's surface is 70% water and the human body is 70% water. Naturally, we need to do all we can to preserve water. Just a slow drip from a leaky faucet can waste 15-20 gallons of water per day. During your stay on your Backside tour, report all



leaky faucets to your guides on check-out. Many gallons of water are wasted when water continues to run when it is not needed. Brushing your teeth with the water running uses 5 gallons of water. If you turn the water off, you may only use  $\frac{1}{4}$  gallon or less. A 2 minute shower uses 4-12 gallons of water, while a 10 minute shower uses 20-60 gallons. Be thoughtful of the environment (and your weekend roommates) and be quick to wash off.