



BEach CLEAN decalogue

Mediterranean health depends on our behaviour and on our daily choices!

Respect the Beach Code: *“take only memories, leave only footprints”*



Be a trash bins lover

Never abandon waste at the beach and be careful to not let it go into the water. The land-based activities are responsible of around 70% of marine litter.



Butts out

Cigarette butts are the forgotten plastic pollution: they contaminate beaches all over the world. Keep your butts off the beach, the sand is not your ashtray!



Reuse. Reduce. Recycle

The better your separate collection, the better the recycling of waste. If done properly, it can lead to an estimated 35% reduction of marine litter.



Manholes, not baskets

Butts, candy wrappers, all kinds of objects: what you throw on the street dirty your city, and is highly likely to end up in waterways and at sea.



Disposable products? No, thanks!

Disposable plates, cutlery, and straws are used for few seconds, but they can pollute for centuries. Say no to 'single use': it represents more than half of the beach litter.



Drink Green

Use metal or glass bottles instead of plastic ones. In any case, never leave them in the environment. Beware of caps: they are one of the most common plastic waste in our seas!



The sea starts from your toilet

Nothing should be thrown into the toilet: cotton buds, blister packs of medicines, sanitary towels... The drains could take them directly to the sea!



Stop toxic beauty

Do not use cosmetics with microplastics inside. Read the label: if you find, for example, Polyethylene, Polymethyl methacrylate, Nylon, Polyethylene terephthalate, Polypropylene there is plastic inside!



No waste in your shopping list

Buy bulk goods and prefer fresh food or packaged without plastics. Use only eco-friendly bags: plastic bags are one of the most common and dangerous marine waste!



Let's be an example

Encourage everyone to protect and respect nature. Through your example, influence your child, friends, and family for cleaner beaches and healthier seas!

Remember: gloves, masks, and other Personal Protective Equipment (PPE) must not be left in the environment!

We are all Med :)))



Dedicate 1 minute to the environment!

Fill in the BEach CLEAN questionnaire and tell us how much you love your sea!

The BEach CLEAN decalogue is available in ENG - IT - FR - AR. Visit COMMON website!



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