

COOL IT!

Carbon Footprint of Clothing

The fashion industry accounts for 10% of the world's carbon emissions – more than the carbon footprint of international flights and shipping combined.

In the UK 300,00 tonnes of textile waste goes to landfill each year.

The manufacture of 1kg of linen gives the same carbon footprint as driving 60km **and** filling 21 baths with water.

Cotton fields account for 2.4% of cultivated land, but use 20% of the world's insecticides and pesticides, affecting the health of the pickers and wildlife. Cotton is thirsty, using valuable water resources.

From growing the cotton to dyeing process it takes an estimated 20,000 litres of water to make one pair of jeans and one t-shirt. (Oxfam data).

Jeans made with elastane	40.0kg
Levi 501 jeans	33.4kg
Running shoes	14.0kg
Polyester shirt	5.5kg
Cotton vest	1.9kg
Cotton shirt	2.1kg

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Keep your fashion footprint as low as possible

- Wash synthetic clothes in a micro-fibre collecting bag e.g Guppyfriend washing bag.
- Wear clothes made from natural fibres e.g., wool, silk, bamboo.
- Buy clothes made with organic cotton.
- Buy good quality clothes which will last.
- Buy clothes from recycled materials e.g., fleece made from old plastic milk containers. Check labels.
- Wash clothes at 30° C on quick wash & air dry.
- Donate & hand down clothes in good condition.
- Recycle your old clothes in Clothing Banks.
- Buy clothes from Charity Shops.
- Hire an outfit for a special occasion.
- Mend & repair your clothes.
- Check where clothes are made.