

What is  
**PLADDLING?**

Pladdling is picking up the litter in our waters while paddling (or kayaking, canoeing, etc.)! It comes from the Swedish words for pick up “plocka upp” and paddling. While helping the environment, you promote fitness by paddling combined with stretching from picking up litter out of the water! Pladdling can be a fun social exercise, or just as impactful alone!



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## How to Pladdle

### Prepare for Success

- Consider the anticipated weather conditions for whenever you want to go.
- Wear comfortable clothing appropriate for the weather and activity.
- Bring a water bottle and stay hydrated.
- Gloves are recommended. Disposable gloves are great for picking up any dirty litter. Thicker, non-disposable gloves (such as gardening gloves) are also recommended for potentially hazardous litter items such as glass.
- Litter claws making picking up litter in hard to reach places easier!
- Use an appropriate collection bag. Ranging from a reusable shopping bag to a heavy-duty trash bag, be sure it is easy to carry, durable and are large enough for the job. Some prefer mesh or onion bags over trash bags.

### Get a Group Together

- If you are in a canoeing, kayaking, paddling, etc. group already, great! See if they would like to change it up and try pladdling with you.
- Create ways to advertise! Social media outlets, community bulletin boards, or even store windows are all great ways to get the word out. Local environmental groups are always great points of contact.
- Check social media platforms, group meetup apps, or Facebook groups.
- Check these websites for events and meet-ups occurring near you, or ways to get a group started in your own community:
  - [RiversForChange.org/events/](http://RiversForChange.org/events/)
  - [Volunteer.kab.org](http://Volunteer.kab.org)
  - [GreenKayak.org/About-as/](http://GreenKayak.org/About-as/)



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## Getting the Pladdling Started

# TIPS AND TRICKS



### Think About the How

Carry litter inside your kayak or canoe. Once you've reached the max capacity you can hold, end your journey and dispose of the litter.

If you see something too large to carry with you, consider contacting the appropriate authorities with its location for pick-up.

### What to Do With the Litter Afterwards

Record what kind of litter you picked up on the Texas Litter Database.

Dispose collected litter at a landfill, in trash bins along your route, or through your curbside trash bin.

Be sure to dispose of items appropriately! If in doubt, check your city's regulations.

Take pictures, selfies, and fun group pictures! Let everyone know how important and fun the activity of pladdling can be. If posting pictures on social media, use hastags such as #Pladdling and #TrashFreeTexas.

## 01 Be mindful of what time of day you schedule the clean up.

Go at comfortable times during the season, i.e. avoid the middle of the day during summer. Make sure you can see well when you go.

## 02 Litter is in many local waterways, so pladdling should be too!

Be sure the location is suitable and safe for paddling or canoeing. Think of places you may have seen a lot of litter!

## 03 Any litter you can pick up makes a difference!

Litter ranges from small pieces of plastic to large boxes, just be sure it can be carried. Examples of litter to pick up are plastic bottles, zip ties, glass bottles (if safe), aluminum cans, cardboard, clothing pieces, etc.

## 04 Only pick up safe items!

Avoid broken glass or anything sharp. Only use your hands in places you can entirely see.

## 05 Hygiene is important!

Keep your hands away from your face during pladdling, and be sure to wash and sanitize your hands whenever possible.



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