



STATE OF OUR TRAILS REPORT - TRASH SURVEY SHEET

Date: Number of people: Time spent cleaning (mins):


Trail Name: Postcode of trailhead: Distance cleaned (km):

How to use this form - All you need to do is record a tally next to each of the items you find. Once you've finished the trail clean, add up your tally for each item to get the overall total.

EXAMPLE CATEGORY	
Trash Type A	HHH
Trash Type B	III

PET STUFF	
Used / full dog poo bags	
Unused dog poo bags	
Other pet related	
DRINKS	
Soft Drinks	
Plastic water bottles	
Plastic soft drink bottles	
Aluminium soft drink cans	
Glass soft drink bottles	
Milkshake bottles or cartons	
Energy Drinks	
Plastic energy drink bottles	
Aluminium energy drink cans	
Plastic energy gel sachets	
Plastic energy gel ends	
Protein drink bottles or cartons	
Alcoholic Drinks	
Aluminium alcoholic drink cans	
Glass alcoholic bottles	
Other drink related	
Hot drinks cups	
Hot drinks tops and stirrers	
Cold drinks cups and tops	
Drink cartons	
Plastic straws (and wrapper)	
Paper straws	
Plastic bottle tops	
Glass bottle tops	
Ring pulls	
Plastic bottle sleeves / labels	
Reusable drinks containers	
Other drink related	

SNACKS / FOOD / SHOPPING		
Confectionary / sweet wrappers (incl. chewing gum packaging)		
Confectionary / sweet wrapper corners / tear-offs		
Other confectionary (e.g. lollipop sticks, plastic pots)		
Crisp and savory snacks packaging (e.g. nuts)		
Used chewing gum		
Homemade lunch (clingfilm, foil, sandwich bags)		
BBQ related		
Fruit peel, cores, egg or nut shells		
	BRANDED	UNBRANDED
Plastic carrier bags (single-use)		
Plastic bags-for-life		
Plastic (and 'bio' plastic) fast/takeaway food packaging / utensils		
Card or wood fast / takeaway food packaging / utensils		
Single-use condiment packaging		
Food on the go (sandwich wrappers, salad boxes)		
Other snack, food, grocery related		
HOUSEHOLD & DOMESTIC (incl. textiles)		
Clothes & Footwear		
Other textiles		
Plastic milk bottles		
Glass milk bottles		
Plastic food containers		
Cardboard food containers		
Cleaning product containers		
Cosmetics / deodorant containers		
Other household related		
NICOTINE RELATED		
Cigarette butts		
Nicotine pouches (e.g. Snus)		
Disposable vapes		
Nicotine related packaging		
Other nicotine related (incl. reusable vapes)		

HAZARDOUS / UNHYGIENIC 	
Unbagged dog poo	
Needles / syringes (DO NOT PICK UP - notify authorities)	
Other illicit drug related (e.g. baggies, bongs, nox)	
Broken glass or pottery	
Tissues and tissue packs	
Face / baby wipes (and packaging)	
Nappies	
Period products	
Covid masks	
First Aid & medical waste (e.g. pill containers, plasters, antiseptic wipes, nitrile gloves)	
Batteries & electrical items	
Other hazardous items	
OUTDOOR RECREATION RELATED	
Camping specific (e.g. peg, gas canister)	
Fireworks	
Seasonal / Celebratory (Xmas, Easter, Birthday)	
Rubber balloon	
Foil balloon	
Outdoor event specific (race or festival)	
Biking specific (e.g. inner tube, bar end)	
Hiking specific (e.g. rucksack cover, hiking pole)	
Other outdoor activity related (e.g. fishing / climbing gear)	
FARMING / FORESTRY / INDUSTRY	
Farming related (e.g. salt lick bucket, bailing twine)	
Forestry related (e.g. tree guards, signage)	
Industrial / Construction (e.g. building waste)	
Cable ties	
MISCELLANEOUS	
Miscellaneous hard plastic	
Miscellaneous soft plastic	
Miscellaneous cardboard or wood	
Miscellaneous metal	
Too small / dirty to ID	
Other miscellaneous	
TOTAL ITEMS	

WEATHER CONDITIONS
Sunny <input type="checkbox"/> Overcast <input type="checkbox"/> Light Rain <input type="checkbox"/> Heavy Rain <input type="checkbox"/> Snow or Hail <input type="checkbox"/> High Winds <input type="checkbox"/> Extreme Temperatures (very hot or very cold) <input type="checkbox"/>

TRAIL TYPES
Mapped (OS) Trails <input type="checkbox"/> Marked Trails <input type="checkbox"/> Unofficial / Trail Association Trails <input type="checkbox"/> Pump Tracks / Dirt Jumps <input type="checkbox"/> Urban Green Space <input type="checkbox"/> Other trails & green spaces <input type="checkbox"/> Access Routes <input type="checkbox"/> Cars Parks <input type="checkbox"/> Other <input type="checkbox"/>

HABITATS
Canal <input type="checkbox"/> Coastal <input type="checkbox"/> Farmland / Agricultural <input type="checkbox"/> Forest / Woodland <input type="checkbox"/> Marsh / Estuarine <input type="checkbox"/> Moorland <input type="checkbox"/> Mountainous <input type="checkbox"/> River / Lake side <input type="checkbox"/> Urban <input type="checkbox"/>

REMEMBER TO SUBMIT YOUR DATA AT WWW.TRASHFREETRAILS.ORG

Share your trail clean and tag us on instagram @trashfreetrails

#StateofOurTrailsReport #CitizenScience #TrashFreeTrails





EXPERIENCE QUESTIONS

COMPLETE THESE AFTER YOUR TRAIL CLEAN

If there is more than 1 of you please ask your co-trail cleaners to fill in the roots to (re)connection survey online

How did trail cleaning make you feel? Describe in 1-3 words

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Rate how much you agree with the following statements on a scale of 0-10

0 = Not At All 10 = Completely	Not at all										Completely
	0	1	2	3	4	5	6	7	8	9	10
I felt positive during the trail clean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt engaged and interested in the trail clean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt connected to others during the trail clean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt that the trail clean was meaningful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt a sense of achievement from trail cleaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt physically healthy during the trail clean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt connected to nature during the trail clean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt connected to the place I was trail cleaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel more knowledgeable about the issue of single use pollution on trails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

FOLD HERE

FOLD HERE

FOLD HERE

FOLD HERE

FOLD HERE

OTHER BRANDS (PLEASE STATE):

SUPERMARKETS					TAKEAWAYS							
CARLSBERG	HEINEKEN		THATCHERS		MOLSON COORS		AB INBEV					
HARIBO	MAGNUM	CADBURY	MONDELEZ	NESTLE		MARS						
BRITVIC (CARLSBERG)		A.G. BARR	PEPSICO		COCA COLA							
HIGHLAND SPRING	DANONE	ENERGY GEL BRANDS		MONSTER	RED BULL	SUNTORY						

BRAND AUDIT - TALLY THE BIG (S)HITTERS

IDENTIFIED ANIMALS:	Other				
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