

Green Move-In Guide

Recycling

- Keep two bins in your room, one for trash and one for recyclables. Use UMW's Recycling Guide <https://sustainability.umw.edu/initiatives/waste-recycling/> to know exactly what can be recycled on campus
- After unpacking, break down your cardboard boxes and place them in the designated recycling areas within your residence hall

Energy-Efficiency

- Bring a smart power strip to eliminate phantom power use. Use LED bulbs in desk lamps, take advantage of natural daylight, and switch off lights whenever you leave your room
- During summer, close blinds during the hottest hours to keep your room cool. In winter, open blinds to let in natural warmth
- Unplug electronics when not in use and set your computer to sleep after a few minutes of inactivity

Shopping

- Hold off on purchasing bulky items until you arrive. Stores like Target, Walmart, and the Fredericksburg Farmers Market are nearby. Buying locally helps cut shipping emissions and reduces excess packaging
- Since Virginia has a bag tax, bringing your own reusable bags helps you save money and reduce plastic waste
- Select sheets and comforters made from organic cotton, bamboo, or other eco-friendly materials

Reuse

- Pack a reusable water bottle, UMW has bottle-filling stations across campus. Reusable mugs, utensils, and food containers help cut down single-use waste and can save you money at campus dining spots. Cloth napkins and kitchen towels last longer and work better than paper products
- DIY projects: turn old jars into pencil holders, decorate boxes into organizers, etc.

Conservation

- Wash clothes in cold water, air-dry when possible, and keep showers short to save hot water
- Skip buying your own printer and use UMW's campus printing stations instead. Print double-sided and only when absolutely necessary

Waste

- Only take what you plan to eat at the dining hall. Bring a reusable container for snacks or leftovers when permitted
- Borrow or share items with roommates/friends (tools, books, appliances).
- Join or support campus sustainability clubs

Donation

- Before throwing away clothes, décor, or small appliances, look for donation bins or participate in swap events such as the UMW Eagle Eco Swap
- Ask friends, roommates, or neighbors if they need those items
- Donate or sell textbooks to the library, book exchange programs, or underclassmen

Travel

- Walk or bike to class, campus is pedestrian-friendly with bike racks near most buildings. Take advantage of the FXBGO! bus system (<https://www.fredericksburgva.gov/transit/>), free with your student ID

Additional Information

- Check out our UMW Sustainability page for event dates!
- For any questions, email sustainability@umw.edu

