



SVENSKA  
TURISTFÖRENINGEN

Carry your own trash down!

# Waste management at STF mountain cabins

All waste gathered in the cabins needs to be transported down from the mountains or being burnt at site where allowed. This applies to everything – from food waste and paper towels to band-aids and tampons.

In the mountains where there are no roads, transportation on the ground are not possible during the summer. Earlier we could incinerate garbage at all mountain cabins, but today this is not allowed in many places. To transport the garbage by helicopter is not a sustainable alternative according to us. That is why we together need to take care of the waste. The mountain environment is vulnerable, if we are to stay here, we must all take our responsibility.

The most important thing is to make sure that there is as little waste as possible:

- **Avoid leftover food.** Do not cook more than you eat.
- **Be frugal.** Use as little paper towels and other consumables as possible.

**Storable recycling** are taken care of as STF has well-functioning routines for this. It is stored at the cabins and transported in the winter by snowmobile to the road. Therefore, you must carefully clean, compact and sort all such waste.

**Portable trash** made of soft plastic and paper is difficult to store. It is bulky, smells bad and attracts pests. Here you need to help us and carry your trash down from the mountain yourself.

**Food waste and paper towels** may be left in the mountain cabins, but only in small quantities. The less garbage you leave, the less is needed to be burned or flown down.

Take care of your portable trash:

- You will receive a garbage bag from the cabin host when you arrive.
- In the bag you may put all your own cleaned, portable trash.
- If you need more bags, contact the cabin host.
- Bring your portable trash down from the mountain.
- Do not dump food in nature! The mountains are better off without your leftovers.
- Dispose your trash bag in the designated rubbish bin by the road or at one of STF's mountain stations by the road.
- If you are unsure, ask the cabin host!

Together we can better manage our waste in the mountains!

- 1 Minimize the amount of trash and food waste.
- 2 Clean, compress and sort all the recycling.
- 3 Bring your portable trash with you.



## Storable – feel free to leave

- ✓ Metal
- ✓ Glass
- ✓ Hard plastic
- ✓ Batteries
- ✓ Empty gas bottles
- ✓ Deposit cans and bottles





## Portable trash – carry down

- ✗ Ready to eat packages, bags of crisps
- ✗ Soft plastic, soft canning, candy wrappers
- ✗ Paper
- ✗ Snus, tea bags, band-aid, tampons etc.
- ✗ Everything “sorted as combustible”



## Food waste – minimize and leave

-  Food leftovers
-  Paper towels

