

# What is PLIKING?

Picking up the litter in our environment while hiking OR biking! From the Swedish words “plocka upp” + “hiking/biking”. While you help the environment, you also promote fitness by hiking or biking and stretching your body while bending to pick up litter. Pliking can be a fun social exercise, or just as impactful alone!

**TRASH  
FREE  
TEXAS**

[WWW.TRASHFREETEXAS.ORG](http://WWW.TRASHFREETEXAS.ORG)

## How to Get Started

### Dress the Part

- Consider the terrain of where you want to hike or bike, along with the anticipated weather conditions whenever you want to go.
- Wear comfortable, weather-appropriate clothes. Closed-toe shoes are a must!
- Gloves are recommended. Disposable gloves are great for picking up dirty litter.
- Thicker, non-disposable gloves (such as gardening gloves) are also recommended for potentially hazardous litter items such as glass.
- You can always keep your gloves in pockets or under a belt if they get too hot!
- Litter claws may be bulky to carry but are easy to use for pick-up!
- Use an appropriate collection bag.
- Ranging from a reusable shopping bag to a heavy-duty trash bag, be sure it is easy to carry, puncture proof, and large enough for the job.

### Get a Group Together

- If you are in a hiking or biking group already, great! See if they would like to change it up and try pliking with you.
- Think of 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.
- Take part in an existing pliking group! Check social media, group meetup apps, etc.

### What to Do After

- Input what kind of litter you picked up in the Texas Litter Database ([TxLitter.org](http://TxLitter.org)).
- Dispose of your litter properly. If you have items that can be recycled, be sure to recycle responsibly!



*Photo Credit: Xtracycle Journal*



[WWW.TRASHFREETEXAS.ORG](http://WWW.TRASHFREETEXAS.ORG)

601 University Drive, San Marcos, TX 78666, 512.245.7376, [Contact@trashfreetexas.org](mailto:Contact@trashfreetexas.org)

# TIPS AND TRICKS



Photo Credit: Seth Orme, REI staff

## When Hiking:

Don't pick up more than you can pack out/carry. Consider how long your hike will be! Carrying too much can make it tiresome.

Use a litter grabber to pick up things just out of arms' reach or from bushes.

Wear appropriate gear for hiking such as sturdy boots.

Stay hydrated and take frequent breaks.

Use the buddy system or let someone know where you will be.

## When Biking:

Be sure to have a well-planned route for biking. Use bike lanes where possible, and only bike on roads, sidewalks, or trails where it is safe and has ample space.

You will need a cup in a bottle cage or a pannier (container strapped over the back of your bike) to put collected litter into.

Pannier options can be bags, buckets, backpacks, bins, or baskets.

Check out this informational [DIY Bucket Bike Panniers](http://www.REI.com/Blog/Cycle/Diy-Make-Your-Own-Bucket-Bike-Panniers) by Ashley Brown on REI's website: [www.REI.com/Blog/Cycle/Diy-Make-Your-Own-Bucket-Bike-Panniers](http://www.REI.com/Blog/Cycle/Diy-Make-Your-Own-Bucket-Bike-Panniers)

A litter grabber can be a great tool, so that you don't have to dismount from your bike.

You never want to hang plastic bags from your handlebars or from the bike as it could be a hazard.

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

Stick to comfortable times within your local climate, i.e. avoid the middle of the day during summer. Make sure you can see well when you go; You need to be able to identify and locate litter. Use headlamps if its around evening or if going at night is necessary.

## 02 Litter is everywhere, so pliking should be too!

Be sure the location is suitable and safe for hiking or biking. Think of places you may have seen a lot of litter when out on your favorite routes or trails.

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

The pick-up can range from small pieces of plastic to larger boxes, just be sure you can carry it with you. Even if you don't have a bag, you may be able to pick up a few pieces to carry with you!

## 04 Only pick up safe items!

Avoid broken glass or anything sharp. Only use your hands in places you can entirely see. If in doubt, don't pick it up!



Photo Credit: Ashley Brown, REI writer