LET’S BEAT DAY ZERO
WITH 50ℓ OR LESS PER DAY

YOUR GUIDE TO
50ℓ

DISHWASHING
1 sink wash a day
or
1 economy load (29ℓ)
every 3 days = 9ℓ/ day.

SHOWER
Stop-start (with hair wash).
No hair wash = 5ℓ
Sponge bath = 3ℓ

DRINKING
Water, tea, coffee.

COOKING
Food prep and cooking.

HOUSE CLEANING
Clean every 2nd day.
Use waterless products = 0ℓ

LAUNDRY
1 machine load (70ℓ)
per week = 10ℓ/ day
1 handwash basin = 9ℓ

PETS
Small to medium sized pets.

TEETH AND HANDS
Wash hands with waterless sanitiser = 0ℓ

FLUSHES
One flush.
If it’s yellow, let it mellow.

This is a guide for 50ℓ per person per day. Your actual usage
will depend on your appliances and personal preferences.

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