Hello,

welcome to Padouchov, zero waste cottage, ie. in a cottage where we try to prevent waste production.

**How to prepare for your stay at our cottage:**

Read the list of things that we provide at the cottage and regularly refill with goods bought in a package-free shop.

At the zero waste cottage you will find (so you do not have to carry with you):

* spices (pepper, cinnamon, chilli, thyme, pepper, oregano, bay leaves, curry, marjoram, cumin, cloves)
* salt
* sugar
* oil
* tea
* syrup
* vinegar
* eco-friendly washing-up liquid
* (coffee)
* cocoa
* mustard
* toilet paper
* soap (eco-friendly)

Please let us know if something is running out.

In addition, we would like to ask you to use reusable bags, whether your own or those found in our e-shop, or you can borrow eco-bags in Čmelák (Švermova 32) against a refundable deposit.

For the purchase of food or tap drugstore products, we recommend to use a package-free shop - [E.G. HERE](https://www.google.com/search?q=bezobalov%C3%BD%20obchod&oq=bezobalov%C3%BD+obchod+&aqs=chrome..69i57j0l5.6831j0j8&sourceid=chrome&ie=UTF-8&npsic=0&rflfq=1&rlha=0&rllag=50599336,14547899,40432&tbm=lcl&rldimm=10804726549573495980&phdesc=33Pu1vb9Rqs&ved=2ahUKEwjX5Nu3qbzkAhWJKFAKHclxCTIQvS4wAHoECAoQIQ&rldoc=1&tbs=lrf:!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:10#rlfi=hd:;si:10804726549573495980,y,33Pu1vb9Rqs;mv:!1m2!1d51.0606146!2d16.7962102!2m2!1d49.0945696!2d13.6256854;tbs:lrf:!2m1!1e2!2m1!1e3!3sIAE,lf:1,lf_ui:10)

You can buy local goods at a marketplace in Liberec – information about the market is [HERE](http://www.forumliberec.cz/o-centru/fotogalerie/farmarske-trhy/)

Use a reusable bottle for drinking. Water at the cottage is drinkable, syrup is part of our offer, and you can make a walk with a jug for beer to a nearby pub.

Please use environmentally friendly hygienic and cleaning products (for washing, etc.), we recommend products not tested on animals, and ideally bought in package-free shops.

Companies with clean cosmetics eg:

* TIERA VERDE (YELLOW and BLUE) (also sold in package-free shops)
* NOBILIS TILIA
* MÝDLA S DUŠÍ
* NATURINKA
* MANNA

Cosmetics not tested on animals - HCS-HHPS certified cosmetics

Have a look at the Leaping Bunny list of brand logos: http://leapingbunny.org/guide/brands

The Leaping Bunny tag search engine available in Europe is here: https://www.crueltyfreeinternational.org/LeapingBunny.

For ladies only: As for women's needs, try to think about giving up tampons and pads and switching to the menstrual cup ... more about the cup [HERE](https://www.womenshealthmag.com/health/a22064115/best-menstrual-cups/)

A tip for a trip - goat farm with regional products [HERE](https://www.farmapodjestedem.cz/o-farme)

Handling biodegradable waste:

Food scraps and other biodegradable waste should be taken to the compost located below the cottage in the left corner of the garden.

If, despite all this, you have managed to produce some waste, take it back to civilization and recycle it.

**In order for the zero waste cottage to provide a pleasant experience for visitors after you, please check the list of things we provide before you leave, and if anything is running low or missing, please let us know by sending a SMS to 777 749 314 or 608 082 575.**

The cottage is handed over from visitors to visitors without our control, so please carry out the list check and cleaning responsibly.

If you are more interested in a way of life that aims to prevent waste, we recommend the following literature:

• Zero waste home - Bea Johnson (link to the book [HERE](https://www.amazon.com/Zero-Waste-Home-Ultimate-Simplifying/dp/1451697686/ref%3Dsr_1_1?keywords=zero+waste+home+bea+johnson&qid=1568722113&s=books&sr=1-1))