

5 Days of Drought Information Sheet

The average Canadian's domestic water use in 2004 was **329L** per person per day. By 2006 it had increased to **335L**. Canadians rank second place in global water consumption, behind the United States.

Choose a level of difficulty and take the 5 Days of Drought Challenge to stand in solidarity with the 1.1 billion people who lack access to water. Your efforts will raise awareness and funds for a worthy cause.

Levels	<p>LEVEL 1: The 100L Challenge (least difficult)</p> <p>LEVEL 2: The 50L Challenge (medium difficulty)</p> <p>LEVEL 3: The 20L Challenge (most difficult)</p>
General	<p>To succeed in your challenge, use only 20L, 50L or 100L of water each day for ALL water needs, including drinking, bathing, brushing teeth, cooking and washing hands, dishes and clothing (toilet flushing is excluded – see below).</p> <p>The most effective way to keep track of your water use is to use a bucket and a cup, rather than running the tap. Fill your bucket(s) to the selected level each morning (20L, 50L or 100L), and use your cup to scoop out the required amount of water for each activity. You will need more than one bucket if you're able to save un-used water from one day to the next. Keep a notebook to record your daily water use.</p>
Drinking	Participants should always drink 1-2L of water each day . Use your cup or a reusable bottle to measure tap water from your bucket for drinking.
Bathing	<p>"Bucket showers" are common in the developing world, where access to running water is scarce. These involve bringing a bucket of water into your bathtub/shower and pouring cups of water all over your body to wash and rinse.</p> <p>If you're participating in the 100L Challenge and don't want to take bucket showers, use a stopwatch to time showers, or fill the bathtub halfway. A shower uses approx. 10L/min with a low-flow shower head, and approx. 20L/min with a regular showerhead. A full bathtub uses approx. 60L.</p>
Brushing Teeth	Dip your cup into your bucket to retrieve water for brushing teeth. Do not run the tap.
Cooking	Dip your cup into your bucket to retrieve water for cooking. Do not run the tap. Sometimes, cooking water can be re-used to wash dishes.
Washing Hands	Pour water from your bucket into a separate bowl to wash hands. If outside your home, use a stopwatch to time water flow. Running the tap uses approx. 4L/min. Use an antibacterial hand sanitizer if needed.

Washing Clothes	If you're taking the 20L or 50L Challenge, you will likely not be able to wash your clothing very much, if at all (depending on your priorities, of course!). If you have enough water to wash clothes, pour water from your bucket into a separate bowl and hand wash items.
Washing Dishes	Pour water from your bucket into a separate bowl and hand wash dishes. Running the dishwasher uses approx. 40L of water.
Flushing Toilets	<p>Flushing is not included in this challenge. However, since toilets are the single greatest water user in the home, it is important to recognize this and attempt to remedy it.</p> <p>Consider replacing your current toilet with an ultra-low-flush model to conserve water. If you can't afford a new toilet or if you already have a low-flush model, install a toilet tank displacement device (e.g. a float booster, a plastic bottle full of water or even a brick).</p> <p>If you want to take your challenge one step further, you can use any leftover water and/or re-use your shower, cooking and clothes/dish washing water to pour into the toilet tank to flush. This is common in developing countries (where toilets exist).</p>

Additional information:

- It's important to select the challenge level that is right for you. Aim high, yet be realistic. If you sign up for the 20L Challenge and you find it far too difficult, that's ok! Don't quit, simply adjust your challenge level and keep on going!
- The bucket method is far more accurate than using a stopwatch and is therefore recommended. If you do use a stopwatch to measure water usage while the tap is running, it is important to calculate how much water *your* tap uses before beginning the challenge, as taps will vary depending on how far they are turned on, and whether there is an aerator attached. On average, a continuous flow from a tap uses approx. 4L/min. (See above for shower timing).
- If you're looking for other ways to reduce your personal water consumption, think about changing your eating and drinking habits. For example, plant-based foods require much less water to produce than animal-based foods, and a great deal of water goes into making the plastic bottles that hold most beverages. Visit the *Project Blue* Food Production and Bottled Water fact sheets to learn more. <http://www.janegoodall.ca/project-blue/FoodProductionandWater.html>
<http://www.janegoodall.ca/project-blue/BottledDrinkingWater.html>
- Don't forget to collect your pledges 1-2 weeks before the drought. Hand in your donations to the event organizers so they can send them to the Jane Goodall Institute. Your contributions will help provide safe clean water to children in Tanzania through *Drop of Hope* (<http://www.janegoodall.ca/project-blue/fundraise.html>).
- Good luck and have fun!