



SIGG BOTTLES

JULY 18, 2012



I AM
NOT
PLASTIC



SIGG 
S W I T Z E R L A N D



Summer means drinking a lot of water. I read somewhere that a grown-up should drink at least 1.5 litres of fluids a day. I tried it once and it did make me feel great, but it actually took a huge amount of effort and I have not done it since! One of my pet peeves are all the plastic bottles we use. Partly because they must be the worst thing for the environment and also because I can't help thinking of all the plastic nastiness that must be seeping into the water itself (BTW I might be completely paranoid, as I don't have any scientific evidence to prove said plastic nastiness).

Anyway, this brings me to my newest item I cannot live without: my Sigg bottle, a light-weight metal bottle that I fill up wherever I go. I have the **60 ml version**, the kids each have the **smaller version**. Taking our bottles with us has so much become part of our routine now, that we rarely need to buy bottles while we are out and about. Hopefully this is a little helpful for the environment, to our health and also to my wallet!

- Emilie

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EMILIE IN PARIS | 5 COMMENTS