THE HONG KONG POLYTECHNIC UNIVERSITY
香港理工大學

CAMPUS SUSTAINABILITY COMMITTEE
CAMPUS SUSTAINABILITY OFFICE

GREEN TIPS
SEPT 2017

How to Choose Your Reusable Water Bottle?

Plastic

Pros

- Come in a variety of sizes, colors, shapes and types
- Cost relatively much cheaper than bottles made of other materials
- Lighter to carry around

Cons

- Not all are fit for hot water or hot liquids
- Some plastic toxins like BPA may be associated with certain types of plastic being used to produce water bottles – better check carefully

Stainless Steel

Pros

- Have a higher resistance to corrosion and more durable
- Bring no worries on releasing toxins

Cons

- May cause a dent when you drop it
- Are generally more expensive than other material types of bottles
- The surface of some stainless steel bottles may heat up quickly than other types of bottles in very hot temperatures
- Some people think it may make water taste metallic

Glass

Pros

- May not impart any flavours into the water in the bottle
- Widely accepted as chemical free and dishwasher safe

Cons

- Fragile, easy to break and comparatively heavier
- Some places do not allow glass containers, for example, Hong Kong Disneyland and Ma Wan Park

Aluminum

Pros

- Light in weight and easy to carry around

Cons

- Easily dents when you drop it
- Some aluminum bottles may have liner inside - better read through the manufacturers' instructions on safety and health precautions
- May heat up in summer temperatures
- Mostly not dishwasher safe

Be careful about the bottle options for other beverages such as tea, coffee or soft drinks. Check and read all description on the material used before making your purchase decision.

Click here
to know more about where you can refill your own water bottle on campus

Read More

Are there alternatives to bottled water?
https://goo.gl/GifCFd

The Story of Bottled Water (2010) by the Story of Stuff Project
https://goo.gl/eoVR3s

PolyU Green Campus

Reference:
- Andy Northrop. 2015. *Steel, Glass, and/or Plastic Bottles: What is the best choice?*. Michigan State University Extension. Available: https://goo.gl/kn4t4P.
- Tomás Bosque. 2010. *Battle of the Reusable Bottles: Plastic vs. Aluminum vs. Stainless Steel.* Battle of the Bottles. Available: https://goo.gl/qAfDnB.

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