

**GEAR  
HUGGER®**

# ECO LIVING GUIDE



**Gear Hugger's complete eco-friendly guide for  
your home, garage, and gear.**

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TOGETHER A SHOPPING  
LIST OF GEAR HUGGER-  
APPROVED PARTNERS  
AT THE END OF THIS  
GUIDE FOR ALL OF THE  
PRODUCTS WE LOVE AND  
RECOMMEND FOR  
HEALTHIER LIVING. >>



COME ALONG FOR THE RIDE:

# JOIN US IN THE GREEN REVOLUTION



Checo and his dad doing what they do best — enjoying the great outdoors without leaving a trace!

## A note from our Founder:

I've always loved adventuring in the outdoors and have owned a lot of gear that used to require upkeep with petroleum-based lubricants that have no place in nature. I wanted my gear to last so it wouldn't end up in landfills, but I didn't want to use chemicals that harm the planet in the process.

So we spent years developing new technology to create a performance-driven lubricant made from plants — enter Gear Hugger! Today my gear is going strong thanks to our powerful plant-based formulas that tread lightly on Mother Earth, and we've expanded to a full line of non-toxic products for your home, garage, and gear.

Our goal is simple: harness the power of plants to kick toxic chemicals to the curb. We use bio-based alternatives that deliver superior performance without harming the planet. Taking better care of what we already own also lightens the load on our landfills.

We hope this guide brings value to our community and helps us to create a low-waste, less toxic future...filled with lots of adventuring!

*Checo*





# WHY WE CREATED THIS GUIDE...

Sustainable living can feel overwhelming with so much information out there from so many different sources. Who has time to do all of the research to ensure we're making the best decisions for ourselves, our families, and our planet?

That's why our team at Gear Hugger created this Eco Living Guide — to simplify the process and help you make easy, informed changes that, when combined, can a much bigger difference.

There's a ton of awesome tips, tricks, and product swaps in here, but remember, progress is so much more important than perfection! Try tackling one area of the house at once or incorporating just a few of these tips into your daily life. Even one change can make a sizable impact on your health.

Oh, and there are no paid promos. We don't recommend anything our team hasn't thoroughly vetted and use ourselves.

If you have tips or products you'd like us to consider, write to us at [info@gear-hugger.com](mailto:info@gear-hugger.com). We love hearing and learning from you.

Enjoy!

# SUSTAINABLE SWAPS FOR YOUR HOME & GEAR

According to the Centers for Disease Control & Prevention, 97% of Americans have forever chemicals (PFAs) in their blood, 93% have BPA, and 90% have phthalates — all endocrine disruptors that can alter how our hormones work and negatively impact mood, fertility, weight, skin, hair, and so much more.

The good news is there are plenty of small, empowering things we can do that go a long way towards lowering these levels. So, let's get started, shall we?! In the next pages, we'll break down tips, swaps, and [product recommendations](#) for your home, yard, garage, and gear to help remove harmful toxins and forever chemicals from your home, body, and environment.



01 INDOOR

02 OUTDOOR

03 GARAGE

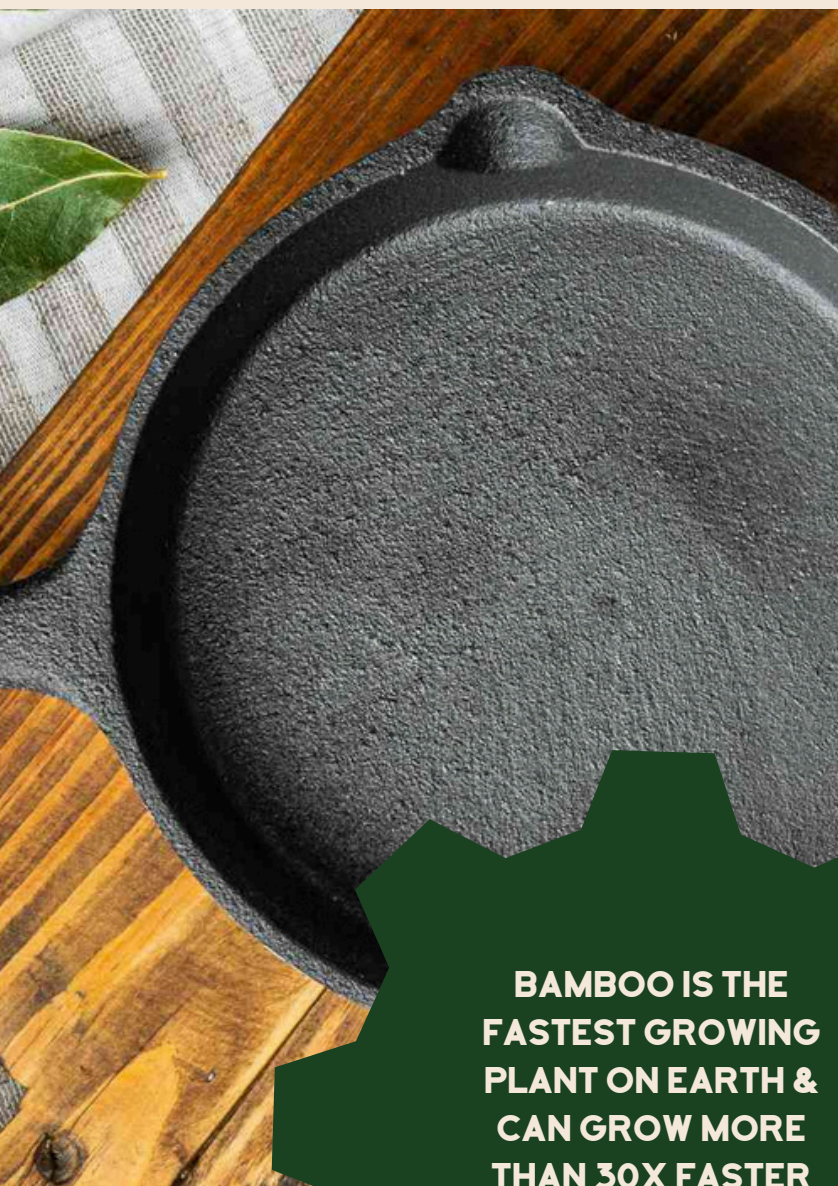
04 GEAR  
(COMING SOON!)



# 01 ECO INDOOR

# 12 ECO SWAPS FOR YOUR KITCHEN

Whether you're a seasoned eco-warrior or just starting your green journey, these kitchen swaps are simple yet effective ways to make your cooking space healthier and more eco-friendly.



**BAMBOO IS THE FASTEST GROWING PLANT ON EARTH & CAN GROW MORE THAN 30X FASTER THAN REGULAR HARDWOOD TREES.**

## 1 Avoid plastic cutting boards.

**THE PROBLEM:** Every time you cut on a plastic cutting board, you're shaving off microplastics that end up in your food!

**THE SWAP:** A simple switch to a wood surface can make all the difference and keep meals plastic free.

## 2 Say no to Teflon.

**THE PROBLEM:** Teflon, a brand name for the chemical polytetrafluoroethylene (PTFE), is widely used for non-stick cookware but comes with hefty health risks. It's been linked to cancer, liver damage, thyroid disease, and developmental problems.

**THE SWAP:** Trade Teflon cookware for cast iron, stainless steel, or ceramic options. We love toxin-free cookware brand Caraway. Their pots and pans feature a ceramic nonstick coating derived from natural minerals.

## 3 Bamboo is better.

**THE PROBLEM:** Shockingly, most paper towels contain bleaching agents, formaldehyde, and various chemicals that definitely don't belong in the kitchen.

**THE SWAP:** Choose a toxin-free bamboo paper towel brand that's better for you and saves the trees. We love Bim Bam Boo and Reel (they both have nontoxic toilet paper too!)

## 4 Degrease with plant power.

**THE PROBLEM:** Many heavy duty kitchen cleaners are filled with forever chemicals that should be kept far away from our cooking surfaces.

**THE SWAP:** Gear Hugger's Heavy Duty Degreaser is perfect for degreasing even the most stubborn surfaces like stovetops, counters, pots and pans, and more. And it's completely nontoxic and made from plants!

## 5 Air it all out.

**THE PROBLEM:** Gas stoves can emit carbon monoxide and nitrogen dioxide, frying or sautéing can release particles into the air that can cause respiratory issues, and even something as unassuming as cooking organic meat or fat at high temperatures can release polycyclic aromatic hydrocarbons (PAHs)—known carcinogens.

**THE SWAP:** Luckily some good old ventilation can go a long way! Open windows and use your range hoods or exhaust fans to circulate in new air and reduce fumes while cooking.

## 6 Pass on the plastic pods.

**THE PROBLEM:** Those handy little dishwasher pods may seem innocent enough but they can coat your dishes in microplastics when they're heated during the wash cycle and add more microplastics into the water system.

**THE SWAP:** Use liquid detergent instead. We recommend Dirty Labs Dishwasher Soap. For nondishwasher soap, we love 7th Generation.

## 7 Upgrade your water filter.

**THE PROBLEM:** Many common water filters only scratch the surface in removing potentially harmful contaminants from sink water.

**THE SWAP:** We love Waterdrop Countertop Water Filter that reduces 30+ harmful substances in water without breaking the bank.





## 8 Don't rely on BPA-free plastics.

**THE PROBLEM:** BPA-free plastic food storage containers can still leach microplastics into the food and also contain other concerning chemicals used to harden plastic. Swap out the plastic containers for glass options. They're heavier and more delicate but way worth it.

**THE SWAP:** Make the switch to glass containers. We love the Glasslock Container Set from Amazon.

## 9 Take a look at your kitchen utensils.

**THE PROBLEM:** Cooking with plastic kitchen utensils can sneak microplastics & chemicals into your food – especially when used on hot surfaces.

**THE SWAP:** Go the metal or ceramic route to be safe, but make sure the handles are rubber to prevent burns from overheating.

## 10 Caffeinate responsibly with Peace Coffee.

**THE PROBLEM:** Over 97% of the world's coffee is grown to maximize yield, sprayed with pesticides, and stored in a way that encourages mold growth.

**THE SWAP:** Make sure your go-to brew is organic and fair trade! Check out Peace Coffee that has hundreds of 5 star reviews. It's certified organic, ethically sourced, and absolutely delicious.



## 11

## Preserve your food sustainably with Better Basics.

**THE PROBLEM:** Plastic wrappers and containers have become a staple for storing food, but they come with serious environmental costs. They can take hundreds of years to break down, releasing harmful chemicals and microplastics that pollute ecosystems. Plus, plastics can leach into food over time, introducing contaminants.

**THE SWAP:** Made from 100% organic, biodegradable, and compostable materials, the Better Basics Be Well Reusable Beeswax Wrap is the eco-friendly choice to preserve half-cut fruits, veggies, bowls, snacks, and more.

## 12

## Hydrate renewably with Open Water

**THE PROBLEM:** Single-use plastic water bottles can take up to 700 years to decompose, contributing to pollution, releasing harmful chemicals, and breaking down into microplastics that harm ecosystems.

**THE SWAP:** As the 1st Climate Neutral Certified bottled water brand, Open Water uses the most recycled beverage packaging on the planet – aluminum bottles and cans – to deliver premium purified still and sparkling waters. Crafted as locally as possible to reduce environmental impact, Open Water offers a sustainable, high-quality hydration option without the guilt. Available in 16 oz bottles, 16 oz tall cans, and 12 oz cans, it's proof that doing good for the planet can taste great too.

## PRO TIP



Grove Collaborative is changing the game when it comes to shopping for everyday essentials with sustainability in mind. They make it super easy to find eco-friendly products for your home, cleaning, beauty, and even pet care. With a focus on plant-based ingredients, refillable packaging, and carbon-neutral shipping, Grove helps you reduce your environmental impact without compromising on quality or convenience.

## LAUNDRY DUTY

# 3 TIPS FOR GREENER WASH DAYS

1

### Bamboo Drying Rack

Use cold water & hang dry when possible to save energy. Your electric bill will thank you too!



2

### Guppyfriend Bags

Wash synthetic materials like nylon, polyester, and spandex in Guppy Bags to keep microplastics from getting into the waterways.

3

### Root & Splendor Laundry Concentrate

We love a fresh-smelling laundry detergent but many picks are filled with perfumes and endocrine disruptors. Root and Splendor's bioactive formula is 100% natural, plant-based and, scented only with essential oils.



4

### Bloop Laundry Soap

Packed with all-natural ingredients and gentle fragrance oils, Bloop is safe for our waterways and kind to marine life. Plus, it comes in a lightweight, recyclable cardboard container, making it as eco-friendly as it is effective.





CREATE A SUSTAINABLE SACTUARY

THE BEST ECO-FRIENDLY BATHROOM PRODUCTS



Gear Hugger Multi-Purpose Lubricant

Gear Hugger’s plant-based, nontoxic lubricant keeps vanity hinges and sliding shower doors opening and closing with ease.

Seventh Generation Toilet Bowl Cleaner

Another plant-based formula! Seventh Generation provides a powerful clean that helps fight rings and stains, and is septic safe. The mint scent is made from 100% essential oils and botanical ingredients.



Bim Bam Boo Toilet Paper

From the packaging to the TP itself, Bim Bam Boo uses 100% biodegradable materials that easily decompose. Every roll is free from BPA, formaldehyde, chlorine-bleach, and itchy glues so it’s gentle on your bum too.

Dr. Bronner’s Soap

This family-owned business is beloved for their Regenerative Organic Certified™ and vegan multipurpose liquid and bar soaps made from organic oils. No synthetic preservatives, detergents, or foaming agents here. They’re proudly Fair Trade and even have a line for pets!

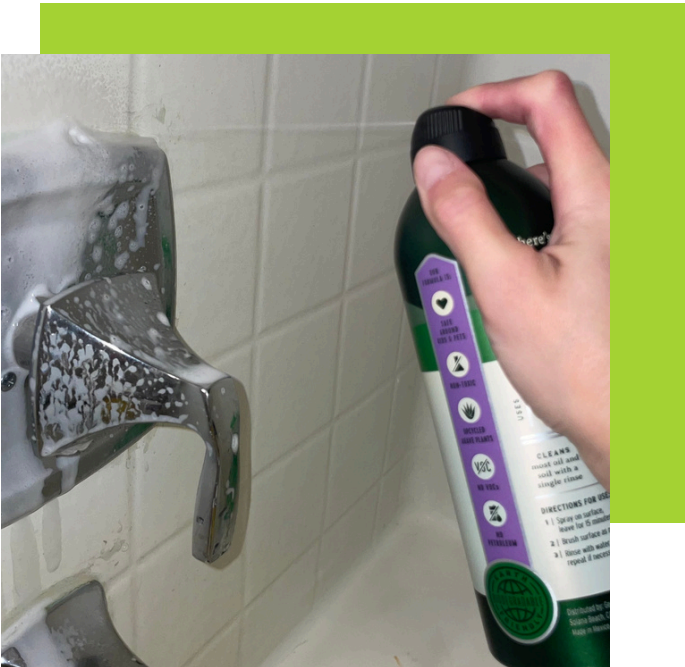


Canary Toothpaste Tablets

Packaged in a reusable glass jar, these eco-friendly toothpaste tablets eliminate the need for wasteful plastic tubes. With an estimated 300 million toothpaste tubes entering landfills each year, Canary offers a simple, sustainable solution to reduce waste without sacrificing oral health.

Gear Hugger Heavy Duty Degreaser

Spritz Gear Hugger’s plant-powered degreaser onto shower doors, tiles, and faucets to easily dissolve soap residue, hard water stains, and grime. Its natural, plant-based formula delivers a deep clean without harsh fumes, chemicals, or the worry of exposing your home to toxins.



## Canary Concentrated Hand Soap

Thoughtfully crafted for everyday use, Canary soaps are made with skin-loving ingredients and packaged sustainably to reduce waste. Perfect for those who value clean products that are gentle on the body and the planet.



## Active Skin Repair

This medical-grade treatment tackles everyday concerns like cuts, scrapes, rashes, burns, bug bites, and sunburn. With just one powerful active ingredient, Hypochlorous Acid, Active Skin Repair offers natural healing without petroleum, harsh chemicals, antibiotics, parabens, or fragrances.

## Aquasana Shower Filter

Aquasana’s shower filters use award-winning technology to deliver clean, safe water while keeping essential minerals like calcium and magnesium intact. Designed with eco-friendliness in mind, their filters not only remove harmful contaminants but also feature reusable casings and recyclable, compostable components.





# FEEL THE BEST IN YOUR BEDROOM

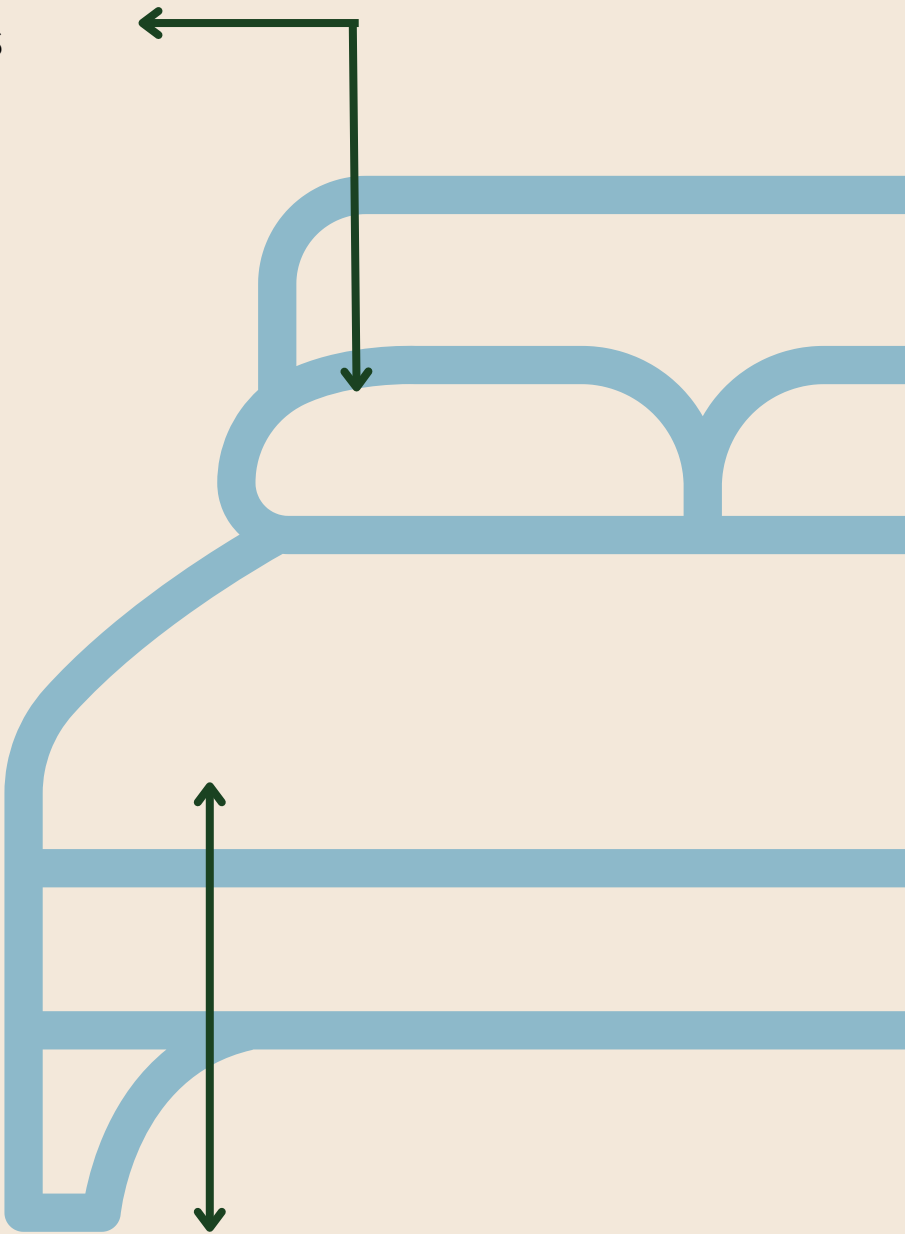
You spend 1/3 of your life sleeping in your bedroom, so let’s make sure it’s as healthy and relaxing as can be. These products help reduce toxins, conserve energy, and promote a more restful sleep.

## NONTOXIC BEDDING

Your skin is your largest organ and has impressive absorption abilities. When possible, opt for organic and OEKO-TEX certified bedding, like Branch Basics.

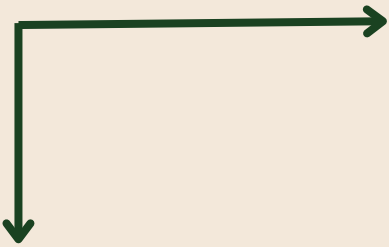
### PRO TIP

DUST CAN CONTAIN LOTS OF TOXINS. USE WATER OR GEAR HUGGER LUBRICANT TO MOISTEN A DUSTING CLOTH BEFORE USE. THIS WILL CATCH DUST AND KEEP PARTICLES FROM ENTERING THE AIR.



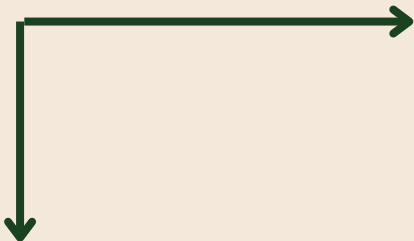
## BETTER-FOR-YOU MATTRESSES

Many traditional mattresses contain flame retardants, formaldehyde, and phthalates that can be released into the air over time. Look for mattresses made from natural materials like organic cotton, wool, latex, or coconut fibers, which are generally free of harmful chemicals. And keep an eye out for these certifications: GOTS, GOLS, and CertiPUR-US.



**DIMMABLE  
LIGHT BULBS**

Conserve energy and limit exposure to bright lights at night with dimmable bulbs like Phillips Hue.



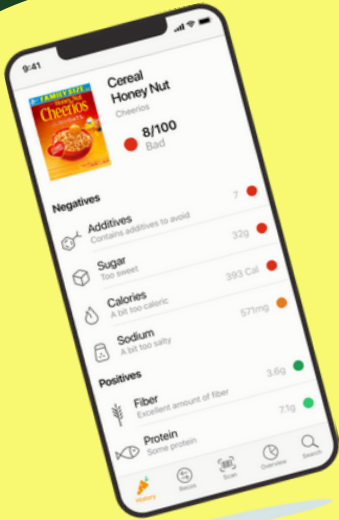
**AIR FILTER**

A good air filter can help remove allergens, toxins, odors, and airborne illnesses for your room—all of which can help you sleep better. Check out our favorite, PuroAir.



# THERE'S AN APP FOR THAT

Need help deciphering which foods and products are a-okay for your health and the planet? These two apps do the hard work for you.



## YUKA

Yuka is a 100% independent app that allows users to scan the barcodes of food and cosmetic products to learn about the health impacts on a scale from 0-100. It rates products on additives, sugar, calories, sodium, fiber, protein, and saturated fat. The scan feature is free and simple to use, but you'll have to upgrade to use the search tool.

## EWG HEALTHY LIVING APP

Similarly to Yuka, this app rates more than 120,000 food and personal care products on a scale from 1 (best) to 10 (worst) based on nutrition, ingredient concerns, and its best estimate on food processing. You can scan items—though the scan function can be finicky—or search on the free app.





# LESS IS MORE WITH GEAR HUGGER

We made Gear Hugger for 1001 uses and counting. Here are just 9 ways you can use a single can of the Multipurpose Lubricant in your home. Click on each for a quick tutorial.



Shower hinges



Door hinges



Hard-to-open twist tops



Windows & sliding doors



Ceiling fans



Houseplant leaves



Goop & marks on walls, tables, and toys



Lamp arms



Hinges on TV cabinet

# 02 ECO OUTDOOR

# 5 SUPER EASY WAYS TO MAINTAIN YOUR BACKYARD GEAR

Gear Hugger's Multipurpose Lubricant can keep your backyard and garden tools functioning smoothly – sans the harmful chemicals found in traditional petroleum-based products. Here's how!

## 1 Door and Gate Hinges

After a cold and snowy (or wet!) winter your backyard gates, fences, and outdoor furniture may be noisier than ever. Just apply a few sprays of Gear Hugger Multipurpose Lubricant to the hinges to keep them opening and closing with ease.



## 2 Outdoor Furniture Maintenance

Are your furniture, swing sets, and folding chairs a bit harder to push or move around than you remember? Spray Gear Hugger Lubricant on the wheels and moving parts. Gently move them back and forth to evenly distribute. Within seconds, you'll be able to crank open that stuck outdoor umbrella.

## 3 Mower Blades

Apply a light coating of Gear Hugger Lubricant on all moving parts including wheels and base of blades (make sure mower is off and unplugged or battery is removed if it's electric!) to achieve a cleaner cut and enhance performance.



## 4 BBQ Grills

Spray Gear Hugger's multipurpose lubricant on the hinges to open and close the cover with ease, and degreaser right on the grill to remove excess buildup from last year's grill sessions. It's totally non-toxic and made of plants, so a-okay around food, kids, and even pets. (Full how-to on pg 21.)



# 5 BONUS: Car Wash

Gear Hugger's NEW Car Wash makes it safe and simple to clean not only your car but also your outdoor gear and furniture. To start, dilute the wash based on the level of clean you are trying to achieve. For a light clean, dip a soft rag or cloth into the solution and gently scrub your furniture, then rinse with a hose. For a deeper clean, use the diluted wash with a power washer to easily remove tough dirt and grime from crevices and hard-to-reach areas.

Cleaning Intensity	Dilution Ratios
Heavy	1:2
Medium	1:5
Low	1:10



## HOW TO GROW A TRULY GREEN GARDEN (emphasis on GREEN)



### SUNDAY ECO- FRIENDLY WEED KILLER

1. Weed Warrior gets the job done without any harsh chemicals — it’s even approved for organic gardening. Use this nontoxic weed killer in flower beds, near patios, along sidewalks, in mulched areas, and more. Once applied and fully dried, people and pets may safely re-enter treated areas.



### BACK TO THE ROOTS EDIBLES BLEND

2. Back to the Roots Edibles Blend is formulated to make it easy to care for your edible garden & grow a delicious harvest of herbs, fruits, or veggies! The best part? It’s sustainably made without any synthetic chemicals or animal waste from big factory farms.



### FLOURISH PLANT NUTRIENTS

3. Plant moms and dads, you’ll love this brand! For INDOOR greens, Flourish offers sustainable and organic plant care, as well as great resources for indoor plant education. No more wondering why your beloved Fiddle Leaf is suddenly losing leaves. Flourish will help take the mystery out of indoor plant care.

# 3 TIPS FOR DESIGNING AN ORGANIC GARDEN

Well-designed gardens produce the most food with the least work, and are cheaper and easier to maintain. We like these basic principles and best practices from the Ecology Center, a 28-acre Regenerative Organic Certified™ farm and education center that serves as a hub for southern California’s ecological movement.



## TRY TO MIMIC NATURE

A thick layer of mulch mimics the leaf litter in a forest to protect your plants, direct water, and look good. And companion plants, or plants that are grown together to benefit each other, can help reduce pests, increase pollination, and improve soil health.

## CHOOSE MULTIFUNCTIONAL PLANTS & TREES

Select items that have multiple benefits for abundance. For example, a fruit tree provides a seasonal treat, surplus for winter canning, and shade for plants to grow beneath it.



## START SMALL & BUILD FROM THERE

Start small, use time-tested, low-impact methods and plan to build in phases as you obtain more resources. Instead of starting with an expensive hydroponics system that depends on a constant supply of outside materials, try natural fertilizers and make nutrient-rich compost and worm tea with ingredients from your own garden.

Visit the center or donate to support their movement curating ecological experiences for everyone, by visiting [THEECOLOGYCENTER.ORG](https://www.theecologycenter.org) >>>



# CLEAN YOUR GRILL NATURALLY

Our toxin-free method for a sparkling finish on even the dirtiest, grimeiest grills.

**Psst:**  
The USDA certified that 96% of the Gear Hugger formula ingredients are renewable and from plants, vs. non-renewable like most petroleum-based products.

1.



Generously spray Gear Hugger Heavy Duty Degreaser on all greasy and dirty surfaces of your grill. Let sit for about 10 minutes to break down the grime and grease.

2.



Use a grill brush to scrub off the loosened grease and grime. Make sure to cover all areas, including the grates, inside walls, and any removable parts.

3.



Wipe with a cloth and you're done!

4.



Our plant-based degreaser is the ultimate safe and effective way to get rid of tough grease. It's packed with plant-based ingredients, so no harmful chemicals anywhere near your food!



[Click here to watch the tutorial!](#)



# RID YOUR YARD OF RUST

## 3 EASY REMOVAL TIPS FOR RUST HOT SPOTS



### GARDEN TOOLS

Gear Hugger Rust Protection is packed with heavy-duty antioxidants that penetrate deep to remove rust and corrosion, restoring your tools to their original condition. Simply apply the solution, let it sit a few minutes and watch rust melt like off. Depending on the level of corrosion, use a small metal brush or steel wool to ensure your tools are clean and ready for action.



### PATIO FURNITURE

Our plant-powered Rust Protection is non-abrasive to tackle stubborn rust without harming metal surfaces. Just spray, let it sit for a few minutes, then wipe away with a brush or rag for furniture that looks like new. Gear Hugger also leaves a non-flammable, long-lasting barrier to displace moisture and prevent more corrosion.



### RUST STAINS ON CONCRETE

Penetrating deep to lift away even the toughest marks, Rust Protection works wonders to restore your concrete while minimizing environmental impact. Our non-toxic formula is USDA Certified bio-based and biodegradable so it is safe for groundwater. The natural ingredients work to break down the rust, making it easy to scrub with a brush and rinse away with water. You'll be amazed at how effortlessly it restores even the most stubborn rust stains.

**PRO TIP**  
MARK YOUR  
CALENDARS TO GET A  
SKIN CHECK EVERY  
YEAR AT THE DERM. IT'S  
NORMALLY COVERED  
BY INSURANCE!

# SAFE SUNSCREENS

## Protect your skin, protect the planet

### SURF DURT

Surf Durt crafts products using non-nano zinc oxide and high-quality, natural ingredients that are safe for marine life. Their packaging is eco-friendly packaging too!



### SUN BUM

Sun Bum's line of mineral sunscreens are fragrance free (so key!) and are free of chemical propellants. We love that the brand opted for compression spray cans instead of aerosols.

### RAW ELEMENTS

Raw Elements' product line is formulated with non-nano zinc oxide to provide broad-spectrum protection without harming marine life. The brand also uses sustainable and biodegradable packaging, and supports ocean conservation through partnerships and education initiatives.



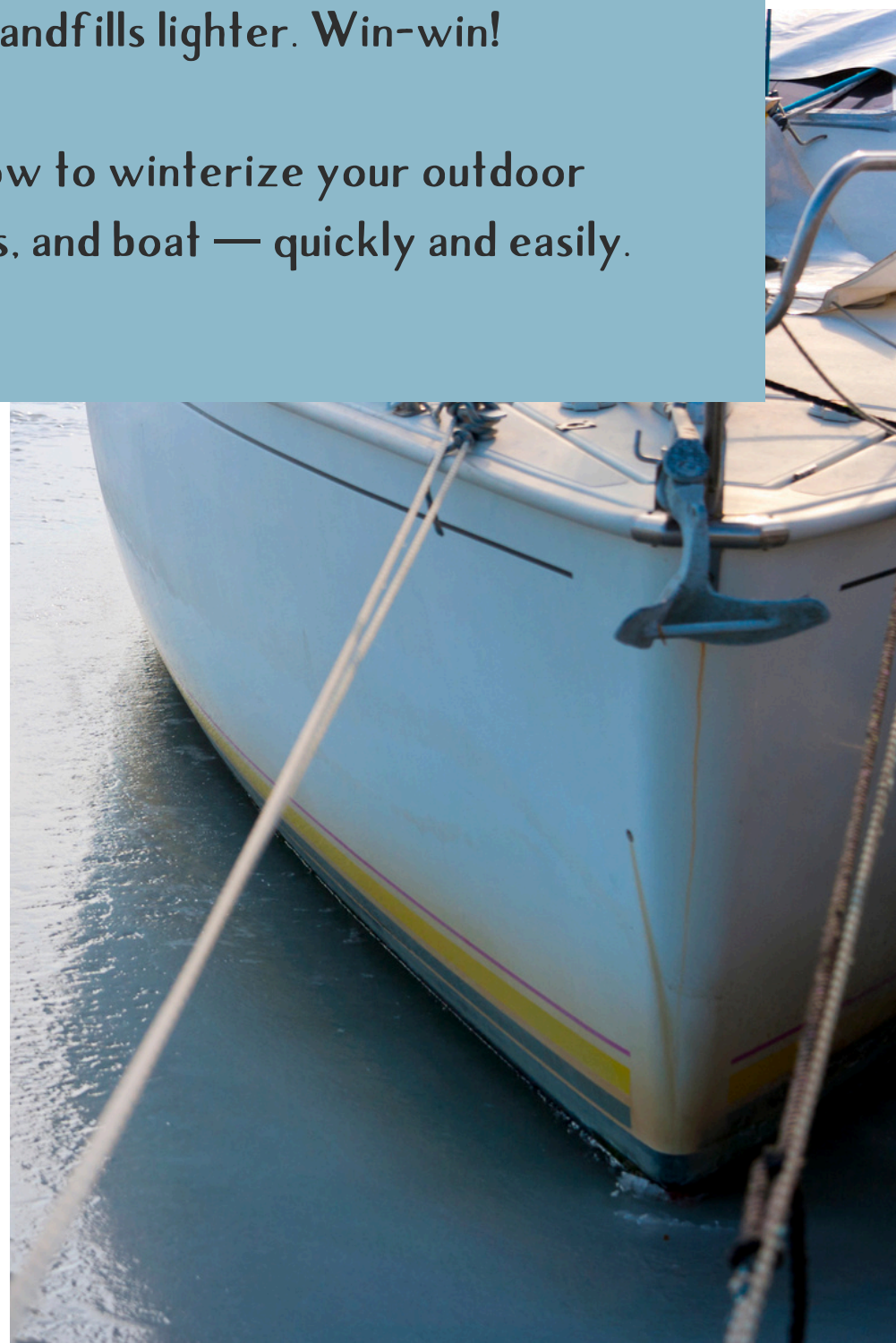




# WINTERIZE YOUR BACKYARD WITH EASE

It's key to winterize your yard in Fall for the chilly days ahead. Taking care of your stuff throughout the year keeps it functioning better for longer, and in the end, saves you money and keeps our landfills lighter. Win-win!

Tap each photo to learn how to winterize your outdoor furniture, pipes, garden tools, and boat — quickly and easily.





# 1001 USES: LESS IS MORE WITH GEAR HUGGER (PART 2)

9 things you can use a single can of Gear Hugger’s Multipurpose Lubricant on outside the house. Click for a quick tutorial!



Gate hinges



Mailboxes



Power tools



Gardening tools



Patio umbrellas



Grill hinges



Porch swing + hanging furniture



Lawnmower



Door hinges



# 03 ECO GARAGE

# ENTERING THE GREEN GARAGE ERA

Meet these plant-powered products that outperform petroleum.



**Multi-Purpose Lubricant**

A plant-based, non-toxic, odorless solution with 3X the lubricating power of the leading petroleum brand.

**Heavy Duty Degreaser**

Water-based and plant-powered to break down grease, grime, and dirt for a shiny finish with no residue. Safe for people, pets, and the planet.

**Rust Protection**

An all-in-one wonder that removes and protects against rust and corrosion with a non-flammable barrier and displaces moisture help preserve the life of your gear.

**Use on:**

Anything that moves or squeaks! There are 1001 uses from door locks and hinges to garage tracks, machinery and plumbing.

**Use on:**

Tough enough for an engine and safe enough for an oven . Use to clean countertops, appliances, oil stains, tools, bikes, boats and more.

**Use on:**

Extend the life of metal surfaces, great for gardening tools, gates, snowblowers and other outdoor equipment prone to rust and corrosion.

**Instead of:**

WD-40 and other petroleum-based or silicon lubricant products.

**Instead of:**

Engine degreaser, oven cleaner, dish soap

**Instead of:**

Rust-oleum



Concentrated Car Wash

Biodegradable Car Wash is made with plant-based, non-toxic ingredients and uses natural extracts from agave and eucalyptus plants to produce a foam that removes dirt, grease, oil and wax with an easy rinse.

Use on:

Cars, trucks, gear, boats, motorcycles and ATVs. Safe for clear coats, chrome, and rubber.

Instead of:

Car wash with petroleum distillates, fake fragrances or hundreds of other chemicals.



Biodegradable Bike Wash

Our plant-powered bike wash replaces fake fragrances and harsh chemicals with natural plant extracts that have powerful cleaning and disinfecting properties and are safe for all surfaces.

Use on:

Perfect for road bikes, mountain bikes and ebikes to clean frames, wheels, and rims. Also good for scooters, strollers, etc.

Instead of:

Products containing ammonia, petroleum, solvents, artificial dyes and fragrances.



Dry Bike Lubricant

This revolutionary formula repels dirt, reduces friction and provides a smooth ride using plant-based ingredients picked for their antioxidant and anti-wear properties that deliver unparalleled and eco-friendly performance.

Use on:

Bikes used in dry, dusty conditions and any equipment with a chain.

Instead of:

Outdated petroleum-based products, lube chain wax, bike wax, and other silicone spray lubricants.



# A GREENER WAY TO CLEAN YOUR CAR

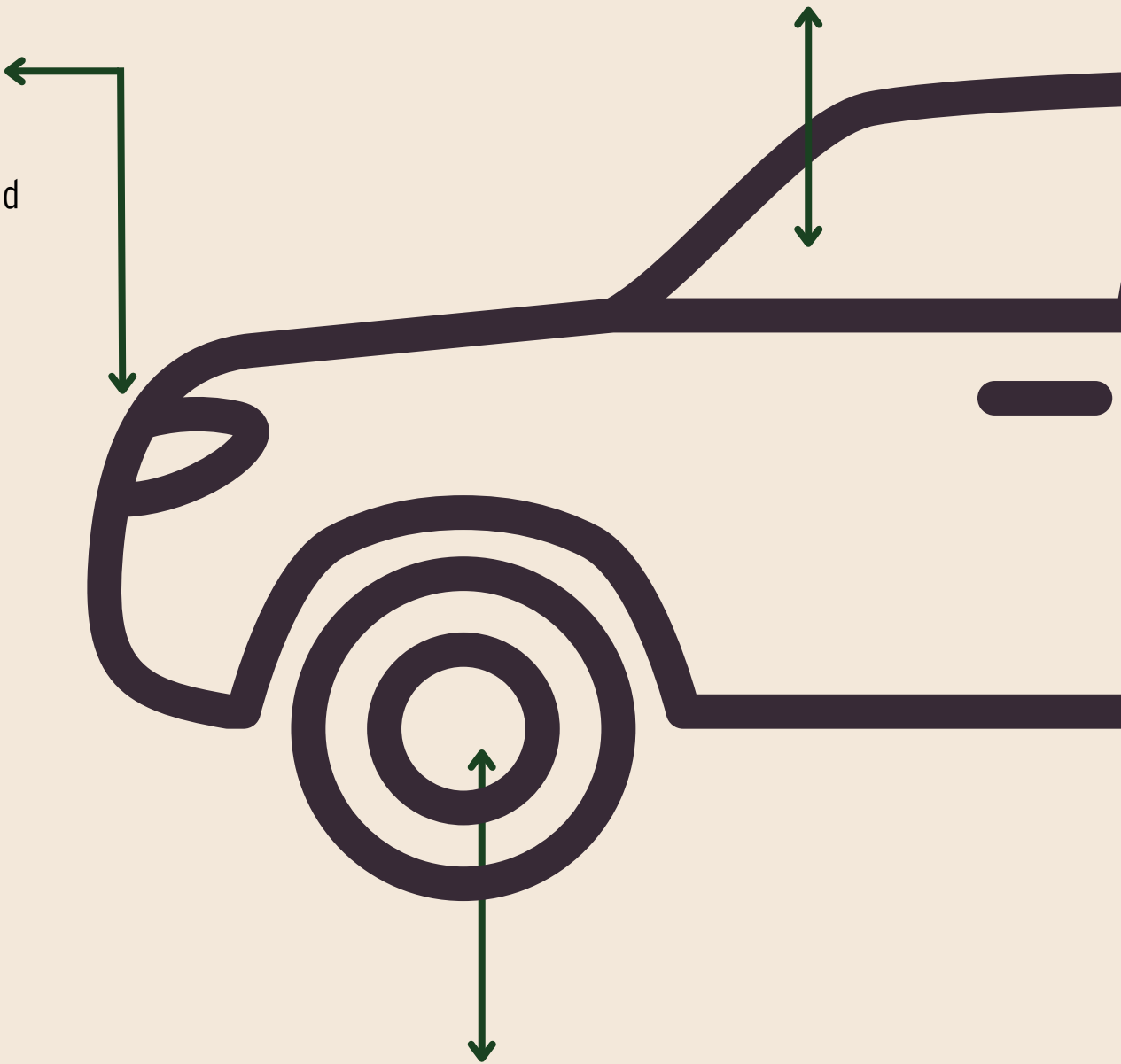
Let’s not forget about your home on wheels! From car fresheners to seat cleaners to door hinge care, here’s what you need to know about maintaining an eco-friendly car.

## STUBBORN SAP & BUG DEBRIS

Use Gear Hugger's Degreaser to effortlessly clean stubborn sap and bug debris from your car's grill, leaving it clean and road-ready.

## WINDOW CARE

Add equal parts white vinegar and water in a spray bottle for a toxin-free window cleaner that will leave glass streak free.



## TIRE CLEANER

Use Gear Hugger’s Heavy Duty Degreaser and a bristled brush (if you’re purchasing one, opt for a wooden handle instead of plastic) to easily scrub tires squeaky clean.

### PRO TIP

TRY YOUR BEST TO AVOID SCENTED AIR FRESHENERS ALTOGETHER. THEY CAN BE ONE OF THE MOST TOXIC PRODUCTS IN YOUR HOME AND CAR. MOST ARE FILLED WITH HORMONE DISRUPTING PHTHALATES & PETROCHEMICALS THAT ARE HARMFUL TO LUNG HEALTH.

PRO TIP

WHEN CHEMICALS & NON-BIODEGRADABLE SUBSTANCES MAKE THEIR WAY INTO DRAINS, THEY CAN HARM SEPTIC SYSTEMS, POLLUTE WATERWAYS, AND END UP IN OCEANS, CONTRIBUTING TO THE 14 MILLION TONS OF PLASTIC AND POLLUTANTS THAT ENTER MARINE ECOSYSTEMS ANNUALLY. CHOOSE SEPTIC-SAFE, ECO-FRIENDLY CLEANING PRODUCTS TO KEEP BOTH YOUR PLUMBING AND THE PLANET HEALTHY!

ECO CAR WASH

Gear Hugger's Biodegradable Eco Car Wash is gentle on the car, sewage safe, and doesn't use petroleum distillates that can get on your hands and cause irritation.

DOOR & TRUNK HINGES

Gear Hugger's Multipurpose Lubricant can keep your door hinges working with ease. Spray on hinges, open and close, and you're good to go!

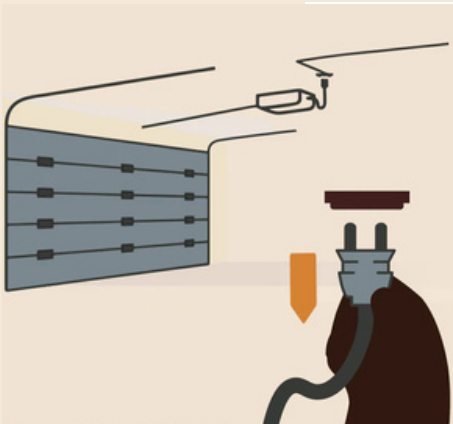
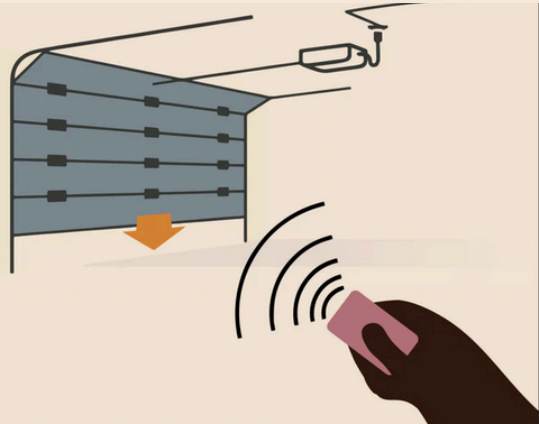
RECYCLED CLOTHS

Don't throw away those old stained kitchen towels. Save them for car upkeep instead.

# How to Use a Gear Hugger to Lubricate a Garage Door

## 1. Close the garage door.

Shut the garage door manually or with the remote. This allows you to access the tracks and the rest of your door's moving parts.

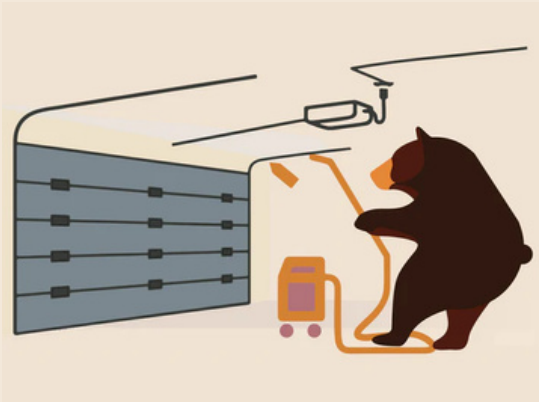
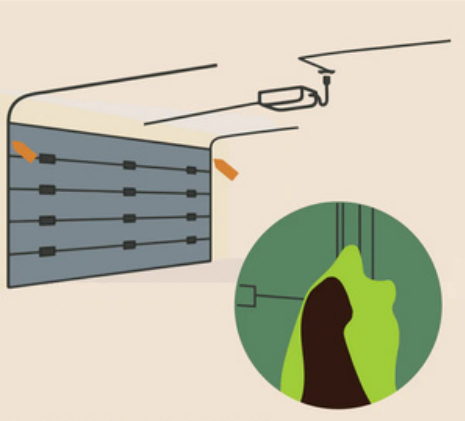


## 2. Unplug the power to the door.

Before you lubricate your door, make sure it's not in use. After closing your garage door, disconnect it from the power source. If the plug for your garage door opener is difficult to reach or hard-wired, turn off the breaker in your circuit box.

## 3. Clean out tracks with a wet rag.

The garage door rollers move along the tracks as they open and close. You don't need to lubricate these, but you do need to make sure they're completely clean for your door to work properly.



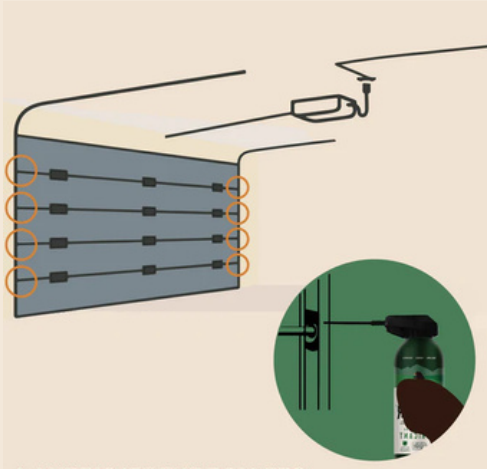
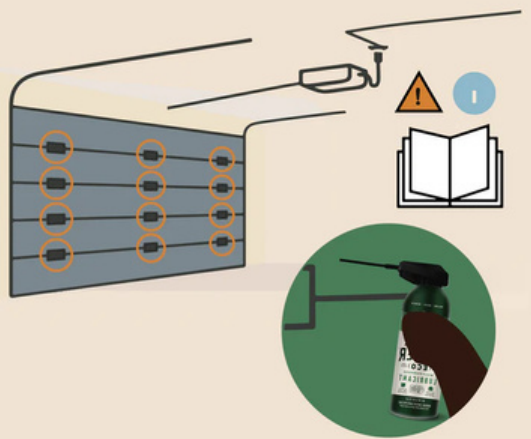
## 4. Vacuum dirt & dust from tracks.

If you're having trouble getting debris out of the tracks, you can suck it out with a vacuum and a hose extension. This is an excellent solution for getting to the higher portions of the tracks that you may be having difficulty reaching.



### 5. Open door & spray Gear Hugger on each of the hinges.

Lift garage door slowly and spray each hinge where it meets the bend in the track. This will lubricate the door's moving parts and make opening and closing much smoother. On each hinge apply one or two sprays.

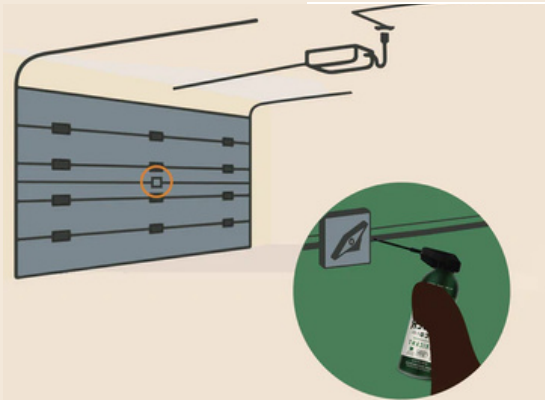
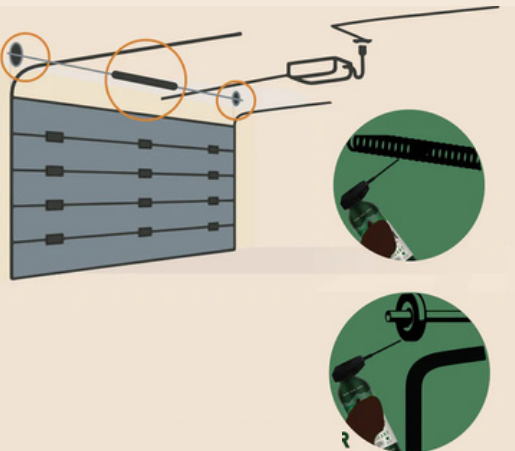


### 6. Lubricate the rollers.

Rollers are the circular moving pieces attached to each of your hinges. Spray lubricant inside the rollers with the thin hose attachment (do not spray nylon rollers). Rollers contain small ball bearings that must be lubricated for the door to open and close smoothly. Lubricate any exposed ball bearings thoroughly and wipe away any excess lubricant.

### 7. Spray the outside of your springs & bearing plates.

The springs can usually be found at top of garage door. Bearing plates are moving circular parts on both sides springs. Spray down outside and near center then open close your door to spread grease around.

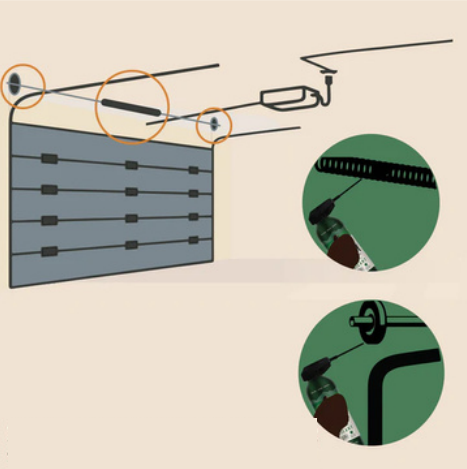


### 8. Spray the armbar & lock.

Lubricating the lock will make it easier to lock your garage door and prevent rust. Spray the lubricant into the lock's keyhole. Finish by spraying the lubricant on the large armbar at the top of your garage door.

### 9. Lubricate the top of the rail.

The chain has a natural protectant on it that eliminates the need for regular lubrication. The rail is the portion of your chain that runs along the ceiling of your garage. Because the top portion of the rail is where your chain rides, it is the part that needs to be lubricated. Spray the top of the rail, then spread it around with a rag. Then you're done!



# LESS IS MORE WITH GEAR HUGGER (PART 3)

9 things you can use a single can of Gear Hugger’s Multipurpose Lubricant on for your gear. Click on each for a quick tutorial!



Camping gear



Motercycles/scooters



Strollers



Skateboards + sports equipment



Vehicle door hinges



Children's bike



Mountain bike



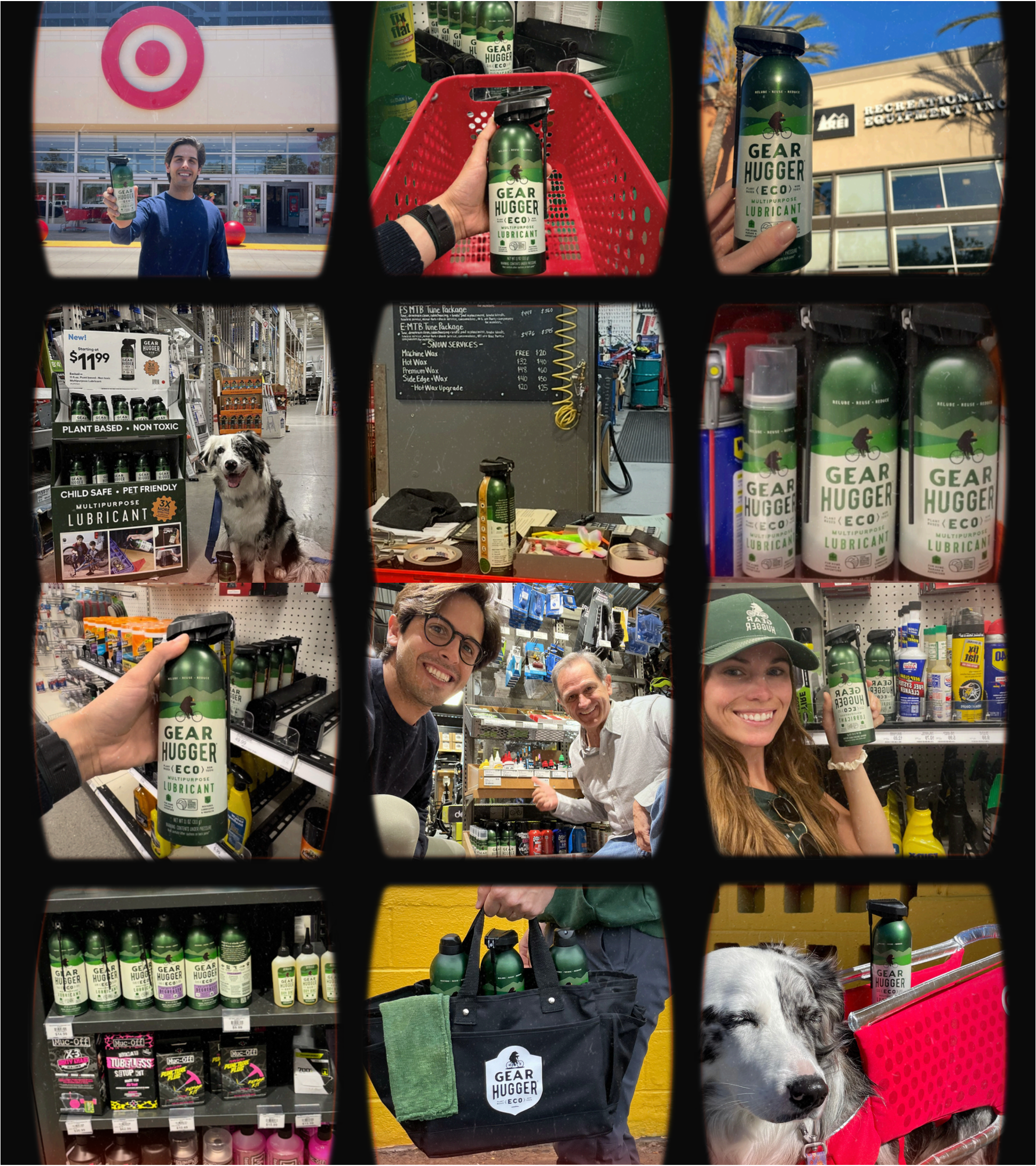
Wheeled storage + toys



Electronics (with moving parts)



# #SHELFIEBREAK





# 04 ECO GEAR

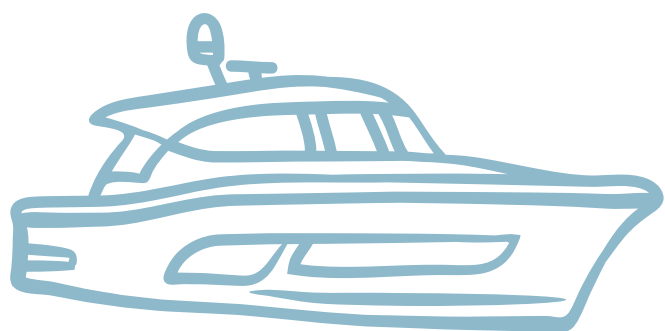
# KEEP YOUR GEAR GOING LONGER WITH GEAR HUGGER



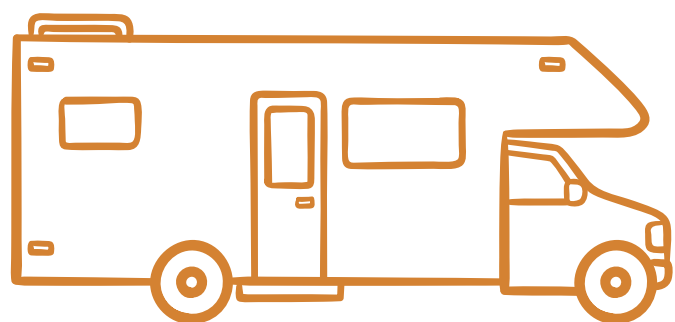
Clean, lubricate, and protect your bike with Gear Hugger! First, use Heavy Duty Degreaser to remove gunk and grime. Let it sit for 15 minutes and then rinse and wash with biodegradable Bike Wash. Let bike dry and apply a moderate amount of Dry Bike Lubricant to the bike chain while pedaling backwards to work it into the chain and gears.



When camping, use Multipurpose Lubricant to lubricate and protect metal parts like tent poles, zippers, stove components, chair hinges, and even tools. Spray a small amount directly onto the metal surface. Couple it with Rust Protection to keep gear rust-free in damp outdoor conditions.



Spray Multipurpose Lubricant directly onto moving parts like hinges, hatches, pulley systems on sails, winch mechanisms, sliding doors and windows, and any other components that experience friction. For rust-prone areas, finish using Rust Protection for a protective barrier against wear and tear.



To use Gear Hugger on an RV, use Heavy Duty Degreaser to thoroughly clean the moving parts you want to lubricate, then spray a light coat of Multipurpose Lubricant directly onto components like slide-out mechanisms, door hinges, stabilizer jacks, and leveling jacks. Wipe away any excess to prevent build-up and ensure smooth operation.

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# RIDING ~~DIRTY~~ CLEAN

We all know that are countless benefits to riding a bike. It's not just about the personal perks like better health and reduced stress levels; it's about pedaling towards a greener future. Let's dive into how biking can help us play our part in preserving the planet.



## ZERO EMISSIONS

Unlike gas-guzzling cars, bikes don't emit harmful gases as we ride. Choosing to cycle instead of drive means we're slashing our carbon footprint and doing our bit to tackle air pollution, a big player in climate change.

## RESOURCE SMART

Bikes are pretty low-maintenance compared to cars. They take way fewer resources to make and maintain, meaning less energy and materials gobbled up from start to finish.



## NATURE'S BFF

Less cars on the road means less need for expanding highways, which is great news for natural habitats. By cycling, we're helping keep ecosystems intact and preventing urban sprawl from chomping away at green spaces.

## BUILDING BETTER CITIES

Embracing cycling nudges cities to invest in bike-friendly setups like lanes and racks. Not only does this make getting around easier, but it also paves the way for healthier, more sustainable city living.



## GREASING THE WHEELS OF SUSTAINABILITY: WHY CHOOSE PLANT-BASED PRODUCTS

Traditional lubes and degreasers can leave a not-so-great mark on the environment. For a WD40 alternative, Gear Hugger's plant-powered products are biodegradable and safe to use in nature.



# A BETTER SET OF WHEELS: WHY WE LOVE 101 BIKES



This Southern California-based company delivers urban e-bikes designed to inspire fun, freedom, and adventure with every ride.

“This Southern California-based company delivers urban e-bikes designed to inspire fun, freedom, and adventure with every ride. This Southern California-based company delivers urban e-bikes designed to inspire fun, freedom, and adventure with every ride -name

”



FOLLOW ALONG  
@ridethe101

# A NEW SYSTEM TO KEEP YOUR BIKE LIKE NEW

Make every ride smoother with Gear Hugger's 1-2-3 Bike Care System!




## 1. CLEAN

Gear Hugger Heavy-Duty Degreaser  
Effortlessly removes grime, oil, and dirt.

**Features:** Formulated with upcycled agave extracts, this non-toxic, VOC-free degreaser removes grease without leaving residue.


**Benefits:** Won't harm delicate bike components, easy rinse-off, no harsh chemicals.

**Usage:** Spray on chains, derailleurs, and drivetrain components. Allow a few seconds for the formula to break down grime, then wipe off.



FAST ACTING  
& SAFE FOR  
HOME, GARAGE  
& OUTDOOR

POWERED  
WITH  
UPCYCLED  
AGAVE





## 2. WASH

Gear Hugger Bike Wash  
Gently removes dirt and dust from frame  
and components.

**Features:** Plant-based formula, biodegradable, safe on all bike surfaces.

**Benefits:** Refreshes your bike without stripping any Paint. Leaves no residue, making it ideal for regular washing.

**Usage:** Spray onto frame and components, scrub with a soft brush, and rinse with water. Pat dry with a clean cloth for a spotless finish.



FOAMING SUDS,  
GENTLE ON ALL  
BIKE SURFACES  
AND FINISHES

WORKS  
GREAT ON  
ALL YOUR  
GEAR







CLICK HERE TO SEE OUR  
3-STEP PROCESS IN  
ACTION!

REMINDER: THE MOST  
SUSTAINABLE THING  
YOU CAN DO FOR YOUR  
BIKE & GEAR IS CARING  
FOR THEM SO YOU  
DON'T HAVE TO  
REPLACE THEM!



### 3. LUBRICATE

Gear Hugger Dry Bike Lubricant  
Provides long-lasting lubrication, reduces wear, and  
repels dirt.

**Features:** High-performance, plant-based formula  
with long-lasting protection.

**Benefits:** Keeps chains and moving parts smoothly  
running; eco-friendly and safe around pets and kids.

**Usage:** Apply to a clean, dry chain. Allow a few  
minutes for it to set before riding for maximum  
performance.



PROPEL DIRT  
TO PREVENT  
DAMAGE

REDUCE  
FRICTION FOR A  
SMOOTH RIDE







# THE BEST ECO-FRIENDLY BACKYARD TOOLS

Maintaining a beautiful backyard doesn't have to come at the expense of the environment. With eco-friendly tools, you can keep your outdoor space lush and green while reducing your carbon footprint. Here are some top picks for sustainable yard care:



WE LOVE GREENWORKS  
FOR BATTERY POWERED  
LEAF BLOWERS,  
CHAINSAWS, PRESSURE  
WASHERS, & MORE!  
[GREENWORKSTOOLS.COM](https://www.greenworkstools.com)

## 1 Manual & Electric Lawn Mowers, Leaf Blowers, & Chainsaws

Swap out gas-powered mowers for a reel mower or an electric/battery-powered option. These reduce emissions, noise pollution, and fuel consumption—keeping your lawn manicured and the planet healthier.

## 2 Composting & Mulching Tools

A compost bin turns food scraps into nutrient-rich soil, while mulching mowers break down grass clippings to naturally fertilize your lawn.

## 3 Solar-Powered Garden Lights

Ditch the electricity-hogging outdoor lights and switch to solar-powered garden lights for a sustainable way to illuminate your yard at night.

## 4 Rain Barrels & Smart Irrigation

Collecting rainwater in a rain barrel and using a smart irrigation system helps conserve water while keeping your garden hydrated efficiently.

## 5 Eco-Friendly Weed & Pest Control

Say goodbye to harsh chemicals! Opt for natural weed barriers, vinegar-based sprays, or introduce beneficial insects like ladybugs to keep pests under control.

# HEALTH LIVING SHOPPING GUIDE

# SHOP THE GUIDE

You can find Gear Hugger’s full suite of sustainable products for your home, garage, and gear at [gear-hugger.com](https://gear-hugger.com).

Tap any of the products from the guide below to shop or learn more!

Caraway Cookware	pg 7
Bim Bam Boo Toilet Paper & Papertowels	pg 7, 12
Dirty Labs Dish Detergent	pg 8
7th Generation Soap	pg 12
Waterdrop Countertop Water Filter	pg 8
Glasslock Container Set	pg 9
Peace Coffee	pg 9
Better Basics Be Well Reusable Beeswax Wrap	pg 10
Whatrr's biodegradable bottles	pg 10
Guppyfriend Bags	pg 11
Root & Splendor Laundry Concentrate	pg 11
Bloop Laundry Soap	pg 11
Dr. Bronner’s Soap	pg 13



Canary Toothpaste Tablets	pg 13
Canary Concentrated Hand Soap	pg 14
Active Skin Repair	pg 14
Aquasana Shower Filter	pg 14
Branch Basics Bedding	pg 15
Phillips Hue Dimmable Lightbulbs	pg 16
PuroAir Air Filter	pg 16
Yuka App	pg 17
EWG Health Living App	pg 17
Sunday Eco- Friendly Weed Killer	pg 21
Back to the Roots Edibles blend	pg 21
Flourish Plant Nutrients	pg 21
Sun Bum Sunscreen	pg 24
Surf Durt Sunscreen	pg 24
Raw Elements Sunscreen	pg 24

**GEAR  
HUGGER®**