

## Domestic DIY Showering vs Bucket Bath

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It is estimated that most people use about 50 litres of water for a bath i.e. 2 buckets of water approximately. A low-flow (normally used at homes across India) shower-head uses about 3.5 litres a minute, or 35 litres for a 10-minute shower. A standard shower-head uses 5 litres a minute, or 50 litres for 10 minutes. Also, a hot shower in the winter or a cold shower in the summer will help in calming your nerves and is more effective as it covers a greater surface area than bucket-baths. Also, it is more effective in removing soap off your body as you have water flowing down with greater force and less mechanical work. Thus, the shower saves water - as long as you don't go past the 9.5 minutes mark. The shorter the shower, the greater the savings.

### **Alternatively, take the Bucket Bath Challenge**

Can you finish your bath by using just one bucket, i.e. 25 litres of water? Let us know your views.

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