

# Water use calculator

Work out how much water you use every week with the help of the totals listed below.

Don't forget each flush!

**35** LITRES  
normal shower

(5 mins)

**70** LITRES  
power shower

(5 mins)

**80** LITRES  
bath

**18** LITRES  
brushing teeth

(for 2 mins with tap running)

**6** LITRES  
washing your hands

**0.25** LITRES  
drink

(per glass/cup)

**80** LITRES  
washing machine load

**8** LITRES  
bowl of washing up

**9** LITRES  
flushing the toilet

(without hippo bag)

On average people in Wales use 150 litres per day!

See if you can use less by turning off the tap when brushing your teeth or using a shower instead of a bath!

Tell us how much water you use: