USER GUIDE

A STiCH COMPANION GUIDE

1

MAKE A LIST

Before opening the calculator, make a list of the items/materials and quantities that you would like to research

You will use this list to enter information into the STiCH calculator

Item List	
Item	**Quantity (g/kg/m3/l)**
blue board	68 g
hot glue	25 g
ethafoam	240 g
birch plywood	48 kg

2

(A) BROWSE OR (B) SEARCH

Enter items on your list into the STiCH calculator
You can either browse or search for an item

BROWSE

- Select a **Category** and choose an **Item** using pull-down menus. Notice the unit of measurement appears automatically in the **Unit** column
- Enter the **Quantity** of the item you want to measure using the indicated **Unit**
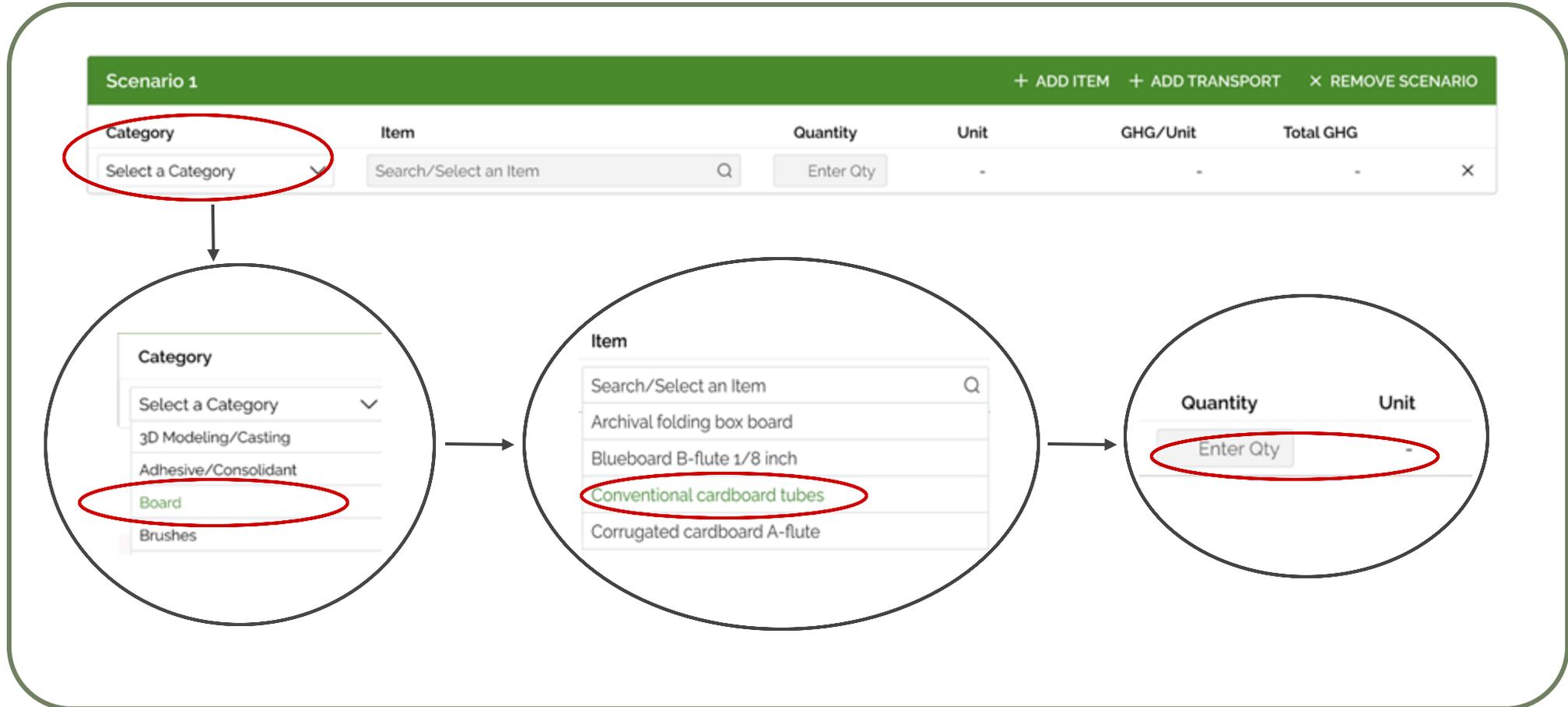- Click **Add item**
- Repeat for each additional item

OR

SEARCH

- If you know what specific item you are looking for, you can search for it by typing the name in the **Search/Select an item** box
- Add the **Quantity** using the indicated **Unit**
- Click **Add item**
- Repeat for each additional item

2(A) BROWSE

Browse a **Category** and choose an **Item** using pull-down menus and then add the **Quantity**

2(B) SEARCH

To search for a specific item type the name in the **Item** box and then add the **Quantity**

3

ADD TRANSPORTATION (Optional)

Include carbon emissions from transportation of materials to your office/studio using **Add Transport**
Quantity is distance in **km**

4

VIEW RESULTS

STiCH automatically calculates the **Carbon Footprint (CO$_2$ eq)** as a numerical value
Graphs visualize the results

This is the carbon footprint

Choose graph type to visualize your results

5 ADD SCENARIO (Optional)

Compare up to six scenarios using STiCH

Click **Add Scenario** to compare options