Bird in, Plird out

If your bird walk is along a one-way, out-and-back route, try looking for birds on the way out and then picking up trash on the way back, or vice versa. That way, you can focus on one task at a time, it won't feel like you're spoiling your birding by PLIRDING at the same time, and you don't have to struggle with juggling a trash bag and your binoculars!