

# [Guidance: Waste returns GOR spreadsheet and supporting information](#)

*Updated:* To ensure the GOR online system spreadsheet works properly please save it to your device before you complete it.

You can use the GOR online system spreadsheet to compile your data in XML format for uploading directly into the online GOR system.

To ensure the spreadsheet works properly please save it to your device before you complete it.

If you cannot submit your return online you can email it using the [Waste returns spreadsheet for email returns](#).