



TRAVELING SUSTAINABLY

“Take only memories, leave only footprints” is a powerful reminder that as travelers, we have a responsibility to protect the places we visit. Sustainable travel is all about making mindful choices that benefit both the environment and the local communities we encounter. By reducing our carbon footprint, supporting eco-friendly accommodations and activities, and being respectful of cultural traditions, we can create meaningful travel experiences.



EXPLORING

- Avoid air travel if there is an alternative.
- Take advantage of public transportation, particularly trains and buses.
- Travel light.
- Spend more time on the ground than in a vehicle.
- Avoid motorized boats if you want to head out into the waters.
- When out in the wild, stay on the trails to minimize soil/plant damage caused by your feet.
- Wind and small plastic wrappers do not mix well. Beware of accidental litter.
- Beware of attracting unwanted animals by tossing food remains.

FOOD

- Buy local products.
- When eating out, opt for a sit-down meal so that the dishes can be reused.
- Avoid buying small snacks with excessive amounts of plastic packaging.
- Go to farmers' markets. If you get packaging from them (e.g. a strawberry basket) you can often return it.
- Avoid single-use plastics.
- Reuse water bottles → even if you buy a plastic water bottle, try reusing that same bottle as much as possible.
- Reuse the bags you get from groceries stores. E.g., plastic grocery bags are great for trash storage.

HOTELS/HOSTELS

- Choose a locally owned hotel or hostel.
- Conserve water and electricity.
- Be respectful of staff and amenities; avoid making messes.
- Use your own cups instead of paper cups.
- Ask fellow travelers or hotel staff about local sights and parks to explore.

SOUVENIRS

- Buy organic — this applies to clothing!
- Avoid plastic items. Buy local handmade goods, such as jewelry, carvings, and cards.
- Food from your host country is a good gift for your American family/friends; however, the US bans transporting most animal-based products. Do your research.

GENERAL ADVICE

- Respect local communities and their environment
- Buy local.
- Reuse when you can.
- Minimize waste.
- Buy secondhand when possible.

NOTES