



## TRAVELER SUSTAINABILITY CHECKLIST

*Lessening your travel footprint starts with small steps.*

### Packing your bag:

- One carry-on bag
- Water bottle
- Reusable/biodegradable cutlery
- Biodegradable/stainless-steel straw
- Zero-waste toiletries
- Marine-friendly sunscreen
- Organic, farm-to-table
- Grass fed, free-range, pasture-raised meat
- Free-range poultry and eggs
- Compost program for kitchen waste and guest leftovers
- Street and farmer's markets
- Within walking distance of lodging

### Using the room:

- Reuse glasses or water bottle rather than plastic/Styrofoam
- Shower rather than bathe
- Turn off lights and TV when not in use
- Set and forget your thermostat
- Reuse towels and sheets

### Selecting restaurants:

- Locally grown/sourced food, kitchen gardens
- Independently owned restaurants rather than chains

### Choosing activities:

- Stay within walking distance or short-distance transportation from hotel
- Avoid tourist traps—go where the locals go
- Look for local guides and merchants
- Choose sustainable, local souvenirs
- Pick local vineyards and other gourmet tastings
- Use public transportation and bike/scooter sharing if travel policy permits
- Sail rather than power boat
- Visit nearby parks, sanctuaries, refuges
- Support local conservation efforts
- Return maps and brochures for reuse