

# Responsible Traveler Kit

Sustainability is top of mind for everyone, including the media, but what does it actually mean for travel and for you as a traveler? Being a responsible traveler is paramount as it allows us to enjoy the beauty and diversity of the world while also preserving it for the future generations.

Become a more responsible traveler by minimizing your impact on the environment and leaving a positive impact on local communities. **Here is our top 10 list of things to consider when you travel:**



## 1 Take the train or bus over a flight

Trains and buses have a much lower carbon footprint than airplanes and are often a more enjoyable way to see the countryside and meet like-minded travelers. Plus, trains and buses often go through smaller, less-touristy towns where locals welcome visitors with open arms. Once you arrive at your destination, use public transportation instead of taxis or rental cars. Public transit is an easy and economical way to see your destination and experience local culture.

## 2 Pack light

Packing light saves energy. The heavier your luggage, the more fuel is required to transport it. So, only pack what you need and try to choose lightweight and sustainably produced travel gear.

## 3 Sustainable Aviation Fuel

If you must fly, choose airlines that are investing or committed to using sustainable aviation fuel. These fuels have a lower carbon footprint than traditional jet fuels and are made from sustainable sources such as plant oils or agricultural waste.



## 4 Sustainability certifications

Look for hotels and tour operators that have sustainability certifications. These certifications, such as LEED, Green Globe, EarthCheck, Travellife or B Corp, show that the company is committed to sustainable practices and minimizing their impact on the environment.



## 5 Eco-friendly accommodations

Eco-hotels, eco-lodges and other sustainable accommodations use renewable energy, recycle waste, and often use organic and locally sourced food. Plus, they often have lower energy and water consumption.

## 6 Reduce your waste

Bring reusable water bottles, utensils, and shopping bags to avoid single-use plastics. Avoid using disposable toiletries provided by hotels and, instead, bring your own.



## 7 Be mindful of water usage

In some places, access to clean water is limited. Be mindful of your water usage by taking short showers, turning off the tap when brushing your teeth, and reusing towels instead of getting new ones.

Ultimately, being a responsible traveler means respecting and protecting the planet and its people, while also enjoying all the beauty and wonder it has to offer. By following these tips, you can travel more responsibly, have a positive impact on the places you visit, while also having a life-enriching experience and make your travels more rewarding and fulfilling.

## 8 Support local businesses

Support local businesses by eating at non-chain restaurants, buying locally made souvenirs, and taking tours led by knowledgeable local guides. You'll support the local economy and preserve local culture, and also lower your carbon footprint.



## 9 Respect local culture and traditions

Be mindful and respectful of people you meet and their cultures. Respect local dress codes, religious practices, and cultural norms. Ask for permission before taking photos of people, especially in places of worship or private homes. Be open-minded and willing to learn about their way of life.

## 10 Animal welfare

The care and wellbeing of wildlife is just as important as the air we breathe. Avoid activities that exploit animals, such as elephant riding or visiting animal shows. Instead, opt for responsible animal encounters such as visiting wildlife sanctuaries or observing animals in their natural habitat.