



# UW-System Sustainable Travel Tips

---

2021 - 2022



# Pre-Trip Prep & Packing

- When packing try to avoid using single use items such as travel sized toiletries.
  - Instead check out refillable options that you can refill with your toiletries already in your home. This will not only reduce waste, but also save you money!
-



# Flights

---

## Booking a Flight

- When booking a flight, book with an airline dedicated to sustainability, such as United, Southwest, or American Airlines.
- While on your flight, reduce the amount of waste you produce by refusing any single-use items such as snack packs;
- Instead, pack your flight-friendly snacks in reusable packing.





# Travel

---

## Location Transportation

Once you reach your designation, choosing sustainable forms of transportation around can also make a sustainable impact. Depending on what amenities are available some of these options could be utilized.

- Instead of renting a vehicle check to see if there are any other sustainable options for transportation (bike rental, bus, etc.).
- Check to see if the event/function you are attending provides any sort of transportation for you and other attendees (bus shuttle, shared car service, etc.).

## Wisconsin Rail Services

According to the State of Wisconsin Department of Transportation, there are several options for passenger rail travel and excursion travel.

- Amtrak provides rail stations and services out of Milwaukee Intermodal Station and Milwaukee Airport Rail Station in Wisconsin.
- Visit the METRA Get-Around Wisconsin Guide and plan public transportation at your Wisconsin destination.



# How to travel with Rail and Bus

---

## Visit Amtrack or METRA website

- Create a Free Profile
- Enter your destination and travel dates.
- Find connections and plan your rail travel; incorporate your plan with bus travel from one of many service providers such as Greyhound, Badger Bus, and Jefferson Lines.

## Cost and emissions savings

- Commuting via public transportation can save you money and reduce your carbon footprint. This means traveling on a bus or rail line; this will reduce the amount that you drive.





# Lodging (Hotels)

---

Reduce your footprint while traveling by saving energy and water while reducing waste.

## Energy

- Hang the "do not disturb" sign on your door to reduce the time, water, and energy for cleaning and new sheets. Use the same sheets for your entire stay and leave unused amenities untouched.

## Waste

- Reduce your waste by bringing your reusable items, such as shampoo and conditioner, lotion, and hand soap, to reduce the hotel freebies that come with your room.

## Water

- Hang up your towels and reuse them, to save on electricity and water wasted on the washing for new daily towels.

## Where to stay

- Choose any one of the preferred hotel partners, hotels with free breakfast will help you reduce food costs and waste.



# Food

---

Eating out and trying new foods while traveling is part of the fun! Keeping these tips in mind can help you not only enjoy your dining experience, but also encourage sustainable choices for yourself and others.

- Check out local restaurants that specialize in locally grown and raised ingredients (farm- to-table).
- Try new and exciting plant-forward options!
  - Eating plant-forward doesn't mean you have to avoid meat and dairy all together. Plant based means choosing food options that are focused on plants.
- Avoid food packaged in single use packaging when able, especially plastic packaging.
  - If food is packaged in single use packaging, try to choose options that can be recycled and composted.