



During Your Entire Journey

- Go paperless by using airline, hotel, and agency apps instead of printing out tickets and itineraries.
- Recycle as much as possible by utilizing recycling bins.
- Pack light to reduce overall weight and emissions. Consider leaving non-essential items at home.
- Bring your own refillable containers for water and coffee, and decline plastic cups to reduce plastic usage.

When Booking and Preparing for Your Trip or Meeting

- Combine meetings to reduce the need for multiple trips.
- Consider taking a train instead of a flight or book a nonstop flight to reduce emissions.
- Choose accommodations that allow for walking or public transportation to your destination.
- Explore options for carpooling or using eco-friendly ride-sharing services like Uber Green.
- Select a fuel-efficient aircraft and seat. Some produce less CO2 than others.

On Your Trip or at Your Meeting

- Keep your windows on the aircraft closed to conserve energy used in adjusting temperature.

- Eat local and plant-based. Look for farm-to-table restaurants and dining options or consider vegetarian/vegan cuisine.