

# Sustainable Travel Checklist



## Traveling Sustainably

**The tips and tricks below can help successfully set you up to have a more sustainable traveling experience!**

- Check out the UW System's sustainable travel webpage.
- Take the Sustainable Travel Pledge.
- When packing, try to avoid using single-use items such as travel-sized toiletries. And try to pack as light as possible.
- Pack reusable options when space allows (water bottles, cutlery, shopping bags, etc.)
- Neutralize your footprint by purchasing carbon offsets from Native Energy, Sustainable Travel, or Terrapass.
- Use a third-party website such as <https://gruener-fliegen.com/> to find the most eco-friendly flight.
- During your flight, reduce the amount of waste you produce by refusing any single-use items such as snack packs.
- Bring headphones, a blanket, and a plain pillow to avoid inflight purchases.

- Travel with rail services throughout Wisconsin and the nation. Pack a cooler with snacks and food for your trip to reduce the cost, food waste, and packaging of eating out or ordering room service. Utilize the hotel fridge to store perishables and keep food fresh during your stay.
- 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.
- 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.
- Turn off all lights and turn down the heat and air conditioning when you leave your room.
- Keep curtains shut to reduce the amount of heat or cool air that escapes during the day.
- Hang up your towels and reuse them, to save on electricity and water wasted on the washing for new daily towels.

- 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 altogether. Instead, 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.
- If you are attending an event, check with the event hosts on the recycling and composting rules.
- Many cities have different rules on what can be recycled. Checking what can will help reduce contamination.
- 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.).
- Check to see if any other attendees are lodging at the same location you are and are willing to share a rental.