



Packing List to Travel More Sustainably

- Reusable tote bags (tip: choose strong, thin fabrics that fold up easily)
- Reusable water bottle & mug (tip: with a loop + carabineer for attaching to bags)
- Filter for your water bottle OR water treatment tablets
- Reusable cutlery set (e.g. fork, spoon, straw, chopsticks)
- Tupperware sets (tip: different sizes with screw-on, tight-fitting lids)
- Bug jacket and long-sleeves (to help reduce bug spray), if appropriate
- Rashguard (to help reduce sunscreen use, especially while in water), if appropriate
- Light, breathable fabrics (to reduce A/C use in warmer climates)
- Non-toxic sunscreen
- Small bills of cash in the local currency to support smaller, local businesses
- Pre-researched & downloaded public transit apps/maps for your travel destinations

Tips for Preparing & Packing

- ✓ Research the local context of your destination to understand opportunities & challenges for sustainable habits – customs, transit, food & diet, water, climate, waste disposal...
- ✓ Research public transit options for airport and other known travel
- ✓ Minimize buying new things for your trip where possible
 - Borrow items you may only use on this trip from family or friends
 - Use goods trading platforms (e.g. Bunz, Craigslist, Facebook Marketplace)
 - Shop second-hand for gently-used durable items (e.g. jackets, backpacks, books)
- ✓ Fill reusable containers with smaller items like socks & toiletries to save packing space
- ✓ Keep your (empty) water bottle, mug, and Tupperware handy for travel time, instead of using food court, airline or train disposables

Tips While Traveling

- ✓ Health & safety are always priorities
 - You may sometimes need to buy bottled water to stay hydrated
 - Bug spray and sunscreen may be needed to prevent serious health risks
- ✓ Eat local, shop local, and be mindful & compassionate in choosing souvenirs
- ✓ Heat or cool the person, not the room
- ✓ Ask at your accommodation for a place to source drinkable tap water to fill your bottle
- ✓ Make a habit of carrying a small “reusable kit” with you: a tote bag, one or two Tupperware, your reusable cutlery, and your water bottle
- ✓ Avoid single-use items where possible – bags, straws, containers, cutlery, sauce packages, bottles – while being mindful and respectful of local culture & customs