



HOW TO TRAVEL WASTE FREE



According to the International Air Transport Association, airlines produced **5.2 million tons** of waste in 2016, and will produce over **10 million tons** annually by 2030.

It's time to **RETHINK** how we travel, locally AND internationally!



WHAT TO BRING



Empty reusable water bottle: most airports have water stations to refill your bottle. Once you get to your destination you will be able to refill your water bottle almost anywhere you go, and avoid consuming plastic bottles.



Reusable cutlery and straw: when travelling, often we eat on the go. Keeping these items on you, will prevent the consumption of single use plastic! **Note:** if you are flying- do not pack a knife/fork in your carry on.



Reusable bags: without one, almost everything you buy will come with a plastic bag! Bringing a reusable bag can also be repurposed as a beach bag, day pack etc! Plus they are lightweight and take up almost NO room in your luggage!



IN FLIGHT / IN TRANSIT ITEMS



Headphones: bring your own headphones to avoid receiving a plastic set (and the plastic packaging).



Mason Jar/container : this is great for packing and storing snacks. Re-use them later for drinks, food, and a variety of other storage uses!

Be Assertive: Remember you have the right to refuse anything, you are a customer of these travel services, so assert yourself and your preferences.
Ex. drinks served in plastic cups



ARRIVING AT YOUR DESTINATION



Carry a backpack: this will assist with carrying those key "to bring" items listed above.

Recycle: do your best to ask and find the appropriate place to recycle to reduce your waste!



Toiletries: bring your own to avoid the plastic samples given out at your accommodation.



SET AN EXAMPLE

Plastic-free travel is not impossible. All it takes is a bit of organization and determination. By changing your habits and bringing them with you when you travel- you will also inspire positive change to those you'll meet along the way!

BE RESPONSIBLE TRAVELLERS. DO YOUR BEST TO BE MINDFUL OF THE ENVIRONMENT. SHARE THESE TIPS SO OTHERS CAN LEARN HOW TO REDUCE PLASTIC WHEN TRAVELLING.