

Eco-Friendly Travel Checklist

Tick these off before every trip — lighter on the planet, easier on you.

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1. Pack Minimal & Versatile

Lay out your clothes, then remove half. Mix-and-match pieces only — no 'just in case' outfits.

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2. Choose Train Over Short Flights

Any trip under 5–6 hours by rail? Skip the airport and take the train instead.

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3. Verify 'Eco' Hotel Claims

Look for Green Key, EarthCheck, or LEED certification — not just a marketing label.

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4. Spend Money Locally

Choose local cafes, guesthouses, and handmade souvenirs over global chains.

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5. Carry a Reusable Kit

Pack a cup, cutlery set, shampoo bar, and cloth bag. Refuse single-use plastic.

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6. Offset Unavoidable Flights

Use Gold Standard or Verra-certified offset programs for long-haul travel.

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7. Slow Down Your Itinerary

Pick 2–3 destinations instead of 6. Stay longer, travel less in between.

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Bonus: Refill, Don't Rebuy

Ask hotels for water refill stations before buying bottled water on arrival.



Quick Reminder

You don't need to do all seven perfectly on every trip. Even two or three of these, done consistently, add up to a real difference over a year of travel.