

MAKE TRAVEL MATTER[®]

TRAVEL CHECKLIST



Our **TreadRight Foundation** has created this checklist as a simple way to become a more responsible traveler.

1 DO YOUR RESEARCH

- Choose companies that have a commitment to responsible travel and to minimizing the footprint of their offices and operations.
→ The Travel Corporation's 5-year sustainability strategy **How We Tread Right** addresses our collective impact on our planet, its people, and wildlife through 11 goals tied to the UN Global Goals. **Learn how** you can get involved.
- Request your travel documents be sent to you electronically rather than printed and mailed to reduce paper waste
- Consider traveling during shoulder seasons, or to less popular areas
- Fly direct; take-off and landing are the most fuel intensive portions of the flight
- Consider airlines that are investing in sustainable aviation fuels

2 BE PREPARED

- Pack reusables such as a water bottle or personal water filter and reusable shopping bag
- Pack light; the heavier the airplane, the more greenhouse gases it emits
- Bring toiletries in reusable bottles
- Learn local greetings and customs before you go!

3 TREAD RIGHT WHILE TRAVELING

- Refuse single-use plastic and recycle when this cannot be avoided
- Walk, bike, or use public transportation when possible
- Shop and eat locally to support the community
- Take shorter showers (avoid baths)
- Purchase locally made souvenirs and pay a fair price
- Turn off all lights, heat/AC, and TV when you leave your room
- Avoid any purchase of wildlife products such as ivory
- When in use, keep AC at a moderate temperature
- Do not ride animals that ought not be ridden
- Adhere to hotel linen reuse programs to reduce water and energy consumption
- Research wildlife venues and be sure they adhere to reputable **animal welfare guidelines**
- Visit a local farmer's market and meet the growers of your food, or try a farm-to-table meal
- Honor local customs, immerse yourself in the local culture and listen intentionally to local community members
- Seek out experiences that are owned by or employ underrepresented communities

4 UPON RETURN

- Share your experiences with friends and family

