

MAKE TRAVEL MATTER®

TRAVEL CHECKLIST

It's never been more important to travel sustainably. **Contiki** and our **TreadRight Foundation** have created this checklist as a simple way to become a more responsible traveler.

1 PLANNING & PACKING

- Consider traveling during shoulder seasons, or if you can't, then seek out less popular areas
- Fly direct; take-off and landing are the most fuel-intensive portions of the flight
- Compare flight emissions when booking to select the one with the lowest emissions
- Go waste-free, and replace single-use items with reusable water bottles, cutlery, shopping bags, straws, toiletry bottles, shampoo bars, and plastic-free reusable razors
- Use a UV water bottle or filter to avoid single-use water bottles
- Learn local recycling protocols in your destination
- Find water refill stations near you:
 - Try the **Tap** app, or an available alternative in your destination
- Lighter luggage means less fuel emissions. Master the art of carry-on travel:
 - Waste-free detergent sheets mean you can wash your clothes on the go
- Switch to these sustainable options:
 - 'Reef-safe' sunscreen that doesn't damage coral reefs
 - Biodegradable dental floss and bamboo toothbrush
 - Solar powered equipment like chargers and torches

Choosing who to go with: Does your tour operator, airline, or accommodation have:

- A commitment to responsible travel and to minimizing the footprint of their offices and operations through a sustainability strategy with measurable and time-bound goals
- Annual impact reports that share progress on sustainability goals
- A Climate Action Plan, which is a roadmap to reducing emissions
 - Validated science-based targets demonstrate a credible commitment to reaching net zero
- A non-profit foundation or commitment to philanthropic giving
- An Animal Welfare Policy to ensure ethical wildlife experiences
- A Diversity, Equity and Inclusion strategy

Learn how **Contiki** has all the above covered through our sustainability strategy, which addresses our impact on the planet, its people and wildlife and is anchored to the United Nations Global Goals.

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2 GETTING AROUND

- Opt for public transport for lower emissions and an affordable, local experience. Research ahead for options to and from the airport
- Try out the local bike share program, book a ride share, or go electric/hybrid

3 SLEEPING & EATING

- Choose hotels that use renewable energy, and have waste, water conservation, and recycling programs
- Watch your energy consumption the same way you would at home:
 - Take shorter showers (avoid baths)
 - Turn off all lights, heat/AC, and TV when you leave your room
 - Save on water and energy: extend the use of your towels
- Go meat-free for more environmentally-friendly dining
- Visit a local farmer's market and meet the growers of your food

4 EXPERIENCES THAT MATTER

- Source dining, shopping and activities that support local communities, especially those owned and operated by underrepresented communities. Try a guided tour, with a local expert
- Honor local customs, immerse yourself in the local culture and listen intentionally to local community members
- Avoid any purchase of **wildlife products**
- Turn off location GPS when on safari
- Avoid wildlife selfies or close wildlife encounters
- Do not touch, walk with, or ride wild animals including elephants, ostriches, and dolphins
- Research wildlife venues and be sure they adhere to reputable animal welfare guidelines
- Find local volunteer efforts you can join