

Zero Waste Travel Tips

Traveling is a popular pastime, and for good reason. Stepping outside our community exposes us to new ideas and helps us gain greater appreciation for our globe and the other inhabitants who share it. Though traveling can throw off our normal routine, here are a few small, simple ways to maintain zero waste principles while on the go.

For the airplane: Pack your own snacks and reusable water bottle to avoid the tempting pretzels and soft drinks.

Eating throughout the trip:

- Just like at home, dining in is more often zero waste than buying take-out.
- Explore a local grocery store or farmer's market. It'll be easier to find items without packing, and you'll experience a different aspect of the culture.
- Carry a reusable water bottle, reusable spork, reusable chopsticks, and a reusable stainless straw (or just go straw-less!).
- Use the reusable container that held your plane snacks to house any leftovers.
- Pack a tea towel to act as flexible packaging – great for breads/sandwiches

Accommodations:

- According to the EPA, 16% of water use in hotels is attributed to laundry. Help reduce water use by only refreshing towels when needed. Search for hotels who provide a “light clean” service, which includes simply straightening the sheets like you do at home instead of laundering bed linens daily.
- See which hotels and hostels donate partially used hygiene items to organizations like [Clean the World](#).
- Choose a [work/stay program](#), where you can meet new people and learn new sustainable skills. Examples include [farming](#), permaculture projects, construction, trail building/maintenance, teaching, youth programs, and [more](#).

Hygiene:

- Opt for items with non-plastic packaging. On your next adventure, try bar shampoo or Toothy Tabs – dry toothpaste tablets brought to froth with a wet toothbrush. Both avoid the 3 oz. liquid limit for carry-on bags.
- Refill travel-sized bottles with your shampoo/conditioner/lotion at home before you go.

Other:

1. Learn to use the waste systems in place for where you're going. You may even come home with a new idea about how to go green.
2. Use a vacation to practice simplifying your wardrobe. Want to travel light, only pack a few things, practice mixing and matching.
3. Set guidelines for souvenirs, like getting something practical (towel, tote bag, etc.) or have a narrow focus (Christmas ornament).

For more, check out [Girl For A Clean World](#) on Instagram – she's full of inspiration and innovative ideas.