



SUSTAINABLE TRAVEL PACKING LIST

Travel in a responsible way



REUSABLE BAG

Carrying around a reusable bag might be of the simplest things you can do in order to reduce single-use plastic consumption on your travels.



SHAMPOO AND CONDITIONER BARS

Forget those tiny plastic bottles—choose waste-free, eco-friendly shampoo that comes in a bar form. Alternative is an all-in-one soap such as Re-Plenish's 3-in-1 bars which can be used for washing your face, body, hands and hair.



POCKET SOAP AND HAND WASH LEAVES

Gentle on fabrics and skin but effective on dishes and laundry stains. They are biodegradable, phosphate, paraben and fragrance-free. Just put a leaf or two in your palm, add water and work into a lather.



REUSABLE WATER BOTTLE

Another great way to reduce single-use plastic consumption is by keeping a reusable water bottle handy. Nalgene bottles are BPA-free and the perfect size to keep with you while traveling.



LIFE STRAW OR STERIPEN

These water purifiers will not only help you be plastic-free, they will help you survive in emergencies. The SteriPen uses UV light to destroy 99.9% of harmful bacteria and viruses in water. The LifeStraw filters water without using chemicals, and is also 99.9% effective against bacteria and viruses including Giardia. One straw can purify 1000 liters of contaminated water.



REEF-FRIENDLY SUNSCREEN

Consider using sunscreen that is marine and reef safe. I use Sun Bum, which is a mineral, reef-safe sunscreen.



MOSQUITO REPELLENT

Eco-friendly mosquito repellent ingredients include citronella, lemon-eucalyptus, peppermint or lemongrass.





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REUSABLE CONTAINERS AND SNACK BAGS AND REUSABLE CUTLERY

When you can't finish all your food, just pack it to go! iCorer's silicon reusable, foldable food storage containers are great for keeping leftover food from cooking at a hostel, or eating out. Langsprit's reusable snack bags are durable, waterproof, and easy to clean. They're great for storing snacks for long-distance bus rides, or shopping for nuts, fruits, etc. at a local market. Perfect for eating on-the-go and for reducing plastic cutlery use, pack some reusable cutlery in your sustainable travel packing list. There are snazzy bamboo cutlery sets, straws included, but also simple sporks for the minimalists.

OPTIONAL:



BAMBOO TOOTHBRUSH

Reduce environmental pollution and plastic waste by using eco-friendly material such as bamboo. The antibacterial properties of bamboo allow to cultivate it without using toxins.



PORTABLE SOLAR CHARGER

If you want to reduce your stress on the electric grid, invest in a portable solar panel. This one by Nekteck is water- and dust-proof, foldable, compact, and has two USB ports for charging. Drape it over your backpack to charge on the go or leave it in a hostel window for maximum sunlight.

SUSTAINABLE TRAVEL TIPS:

- Pack light-bring only what you need
- Turn air conditioner and lights off when leaving room
- Shop and eat locally to support the community
- Take shorter showers (avoid baths)
- Do not ride animals that ought not to be ridden
- Walk, bike, or use public transportation when possible
- Purchase locally made souvenirs (preferably handmade)
- Honor local customs and immerse yourself in the local culture

