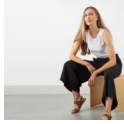


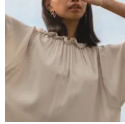
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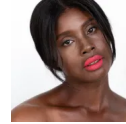
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5 Easy Ways To Be An Eco-Friendly Traveller

BY [TEAM ZERRIN](https://zerrin.com/author/team-zerrin/) ([HTTPS://ZERRIN.COM/AUTHOR/TEAM-ZERRIN/](https://zerrin.com/author/team-zerrin/))
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Many of us have made the switch to reusable bags and non-toxic dish soap at home, but it's easy to forget about being environmentally friendly while on vacation or travelling. While you may not have your recycling bins or glass Tupperware on hand, these easy, portable hacks make doing your part for the planet feel effortless, even with a suitcase in tow. So pack that carry-on, set your "out of office" email to auto-reply and read on for five ways to live more sustainably when on the road!



Carry a water bottle

Not only is it really important to stay hydrated during active holidays, getting your three litres a day boosts your energy levels and supports digestion (ideal for when you're sampling new cuisines! It also helps beat jet lag so you can make the most of your time off. Between excursions and meals, carrying a reusable bottle means you don't need to spend money on drinks in disposable containers polluting the planet. Empty your water bottle before airport security and refill it before you board your flight to avoid dehydration.

Education is empowerment

A new travel experience offers relaxation, but also the chance to learn about somewhere unfamiliar. Before your trip, research volunteering opportunities, information centres and organisations dedicated to local environmental issues. Being an eco-friendly traveller means finding out your impact on the places you're going to see. Spend a few hours learning about specific challenges in the local economy and see if you can get involved. Whether it's for a beach clean-up initiative or helping out at an orphanage. Who knows, you may walk away from your holiday with a meaningful connection and a reason to return!

Get your steps in

Travel logistics can add up, so opting for a long stroll instead of a chartered car ride offers an opportunity for exercise, enjoyment and environmental consideration (as well as saving you some money!) Exploring a new place on foot is one of the best ways to get your bearings. So pack a pair of sensible shoes and spend part of your daily adventures walking around. Being an eco-friendly traveller means also going with the flow and letting your surroundings be your guide – no polluting vehicles needed! If you're planning to cover longer distances, consider renting a bike instead.

Pack plastic

We all have those [plastic \(https://zerrin.com/blogs/news/easy-tips-reduce-plastic-waste-reusable-alternatives-zerrin\)](https://zerrin.com/blogs/news/easy-tips-reduce-plastic-waste-reusable-alternatives-zerrin) bags hidden away in our kitchens somewhere. So here's their time to shine. Use them to wrap your liquids and toiletries to avoid leakage disasters. Pack your shoes into them to avoid dirtying your clean clothes, and stick a few into an outer compartment for easy access. You never know when they'll come in handy for wet swimsuits at the beach or carrying your doggy-bagged dinner home to your hotel. Hotels are notorious for overusing plastic and packaging in the name of "pampering" their guests. However, coming prepared means you can kindly decline this additional waste. Best of all: if you're worried about exceeding your weight allowance, a few spare plastic bags weigh almost nothing.