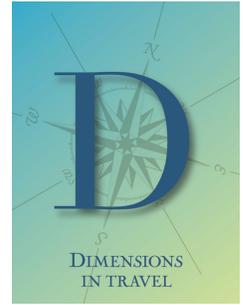


25 WAYS TO BE A MORE SUSTAINABLE TRAVELER



At Dimensions in Travel, we feel traveling sustainably will help you experience a deeper sense of place, save you money, open up time to give back, and protect the world's iconic landmarks. Our recommendation list below hopes to balance reducing your carbon footprint with your safety, time and mobility needs.

To start, pick out a few tips to use next time you travel. We'll help you plan, so you can explore the world in a good green way with clear purpose.

PLANNING A GREEN TRIP

1. **Fly nonstop whenever you can.** It's the takeoffs and landings that create most of an airplane's carbon emissions. While flights without stops may cost a bit more, less connections also lower travel stress too.
2. **Plan to take a public transportation whenever you can.** Before you go, spend time with local transit maps, finding the stations near where you'll be staying and cost-effective fare options. But if mobility, time or safety is a concern, Dimensions in Travel can arrange for a trusted private car & driver.
3. **Book an itinerary that helps protect the best loved places on the planet.** Visit iconic sites during the quieter off-season or travel off the beaten path. We can arrange a tour that explores lesser known regions or a cruise that visits small ports.
4. **Learn about carbon offset programs** to neutralize the aircraft's carbon emissions by investing in carbon reduction projects. No trip, no matter how well-planned, is entirely carbon neutral. The good news is that you can indirectly make up for it by purchasing carbon offsets from companies such as Cool Effect.
5. **Research tour operators.** Dimensions in Travel can look into the green practices of travel companies. We ask how their trips help to protect wildlife and support cultural heritage. We work with companies that hire local guides and give to reputable social welfare programs.
6. **Arrange to give back some time.** Make a difference in a local community when you travel. Dimensions in Travel can arrange for a full voluntourism vacation or participation in a day or ½ day experience. Several cruise lines offer volunteer opportunities during their shore excursions.
7. **Download Apps for your itinerary, flights, cruise and tours.** You'll save paper and stay organized by using the apps offered by your airline, cruise and tour companies. Dimensions in Travel can upload your entire itinerary to our free Umapped phone app.

GREEN PACKING TIPS

8. **Pack smart and light.** Pack up your gear using packing cubes to save space. When you pack light, you can move more around easily, which opens up walking more and taking public transport instead of taxis.
9. **Pack a water bottle.** Buying bottled water is unsound environmentally. Refill your BPA-free water bottle throughout your trip. Find out if the local tap water is safe to drink. If not, bring a self-purifying water bottle.
10. **Bring your own bags.** Bring reusable bags from home for shopping.

GETTING THERE GREEN

11. **Refill your water bottle** after security at the airport and on the plane. Many airports have free water dispensers.
12. **Keep your airplane trash.** Unless it is magazines or plastic bottles, most airlines aren't sorting other recyclables. Stash your recyclables at your plane seat temporarily until you get out in the terminal, then toss. In North America and Europe, every major airport has a recycling program.

GREEN SHOPPING TIPS

13. **Support local businesses and artists when traveling.** Buy goods made in your destination because it boosts the local economy and lowers the carbon footprint. Your contribution supports cultural heritage and provides needed jobs.
14. **Never buy wildlife products.** Avoid supporting the marketplace for trafficking wildlife products as souvenirs. Don't buy anything made from endangered plants/animals or ancient artifacts.

SUSTAINABLE HOTEL STAYS

15. **Research the recycling programs of your hotels:** We can explore the hotel's sustainability initiatives such as solar power, rainwater harvesting, energy-efficient lighting.
16. **Hang up your towels after each use,** which is the universal sign that you'd like to use them again.
17. **When you leave your room, turn off all lights, heat/AC, and television.** Closing the curtains can help keep out the heat of the sun and save energy.

OUT EXPLORING

18. **Take a foodie tour, market walk or cooking class.** It gives you an opportunity to sample the local cuisine, explore farmer's markets and meet local chefs. Dimensions in Travel can book them, either private or small group, in advance for you.
19. **Look for restaurants that locally source their ingredients.** The less food travels, the smaller its carbon footprint.
20. **Return maps, brochures, and other tourist info** once you're finished with them so that they may be reused by future travelers.

OUT IN NATURE

21. **Stick to the trails and follow the rules.** Marked hiking trails are safer and staying on the path avoids harming native flora and fauna.
22. **Don't participate in any tours that promise hands-on encounters with wild animals.** Don't go to a show that has animals doing things they wouldn't naturally be doing.
23. **Keep a respectful distance from wildlife.** Never feed or touch wildlife. If you're close enough to attract an animal's attention, you're too close. Wildlife viewing expeditions with a responsible guide or boat captain are an ideal option.
24. **Explore wisely in the water.** When snorkeling or Scuba diving, don't touch coral or stir up sediment, which can damage the reef's fragile ecosystem. Avoid boat operators that chum the water to attract marine life. Use reef-safe mineral sunscreen or wear a UPV sunshirt.
25. **Leave no trace.** On hikes, bring a small bag and pick up any debris you spot. Families can have a friendly competition to see who can clean up the most trash. Leave nature better than you found it.

*Together, we can protect our planet's most vulnerable destinations
with the purpose of transforming tourism's impact.
Let us help you be a sustainable traveler!*



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