



Zero Waste Guide



10 ways to travel more sustainably

Did you know that around 80% of our carbon footprint comes from the products and services we buy and use¹? By making small changes to our consumption habits while traveling, we can help protect our planet.

To support responsible tourism and help guests travel more sustainably using fewer resources, we've compiled our top ten tips in partnership with [Zero Waste Scotland](https://www.zerowastescotland.org.uk/content/everything-we-buy-has-carbon-cost).

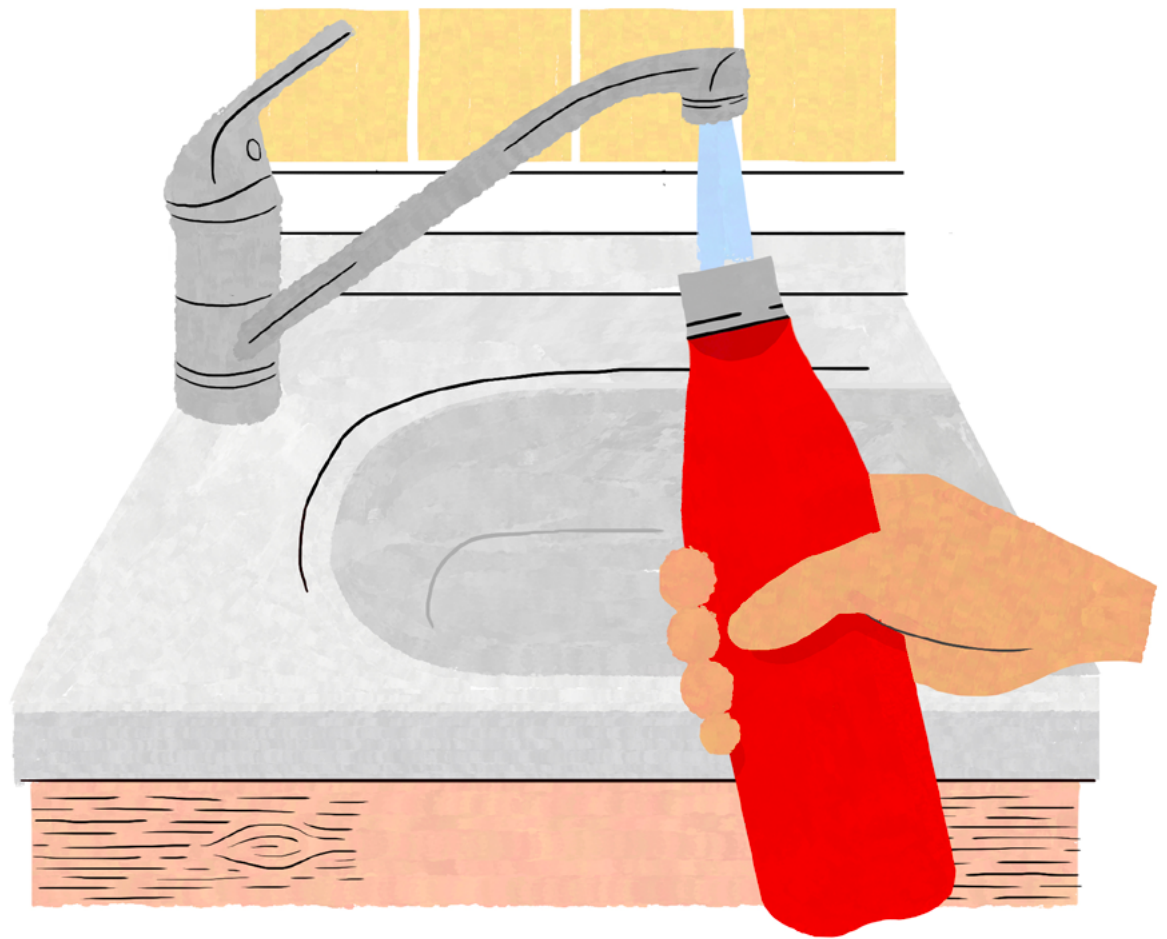
¹ <https://www.zerowastescotland.org.uk/content/everything-we-buy-has-carbon-cost>



1.

Pack sustainably: Take soap bars instead of shower gel

The best toiletries are the ones that come with no packaging. Soap and shampoo bars are a good sustainable alternative to shower gel and shampoo bottles because they reduce the need for packaging. Ultimately, less packaging is better for the environment than having to recycle packaging.



2. Bring reusable drinking bottles and cups

Taking a reusable drinking bottle and mug while traveling eliminates the need for single-use items and so saves resources. As an added bonus, stainless steel drinking bottles can also help keep your drink cold or warm when travelling and with [refill stations](#) becoming more readily available, you can top up with fresh drinking water and save money.



3.

Choose to reuse as much as possible

And this doesn't just go for drinks...whether its reusable carrier bags, reusable straws or reusable cutlery for a picnic on the go – choosing to reuse is more eco-friendly than single-use every time, so try to reuse your items as much as possible. There is also the added benefit of no litter. Remember to pack your reusable essentials before you go, or check with your Host whether these will be available at your accommodation.



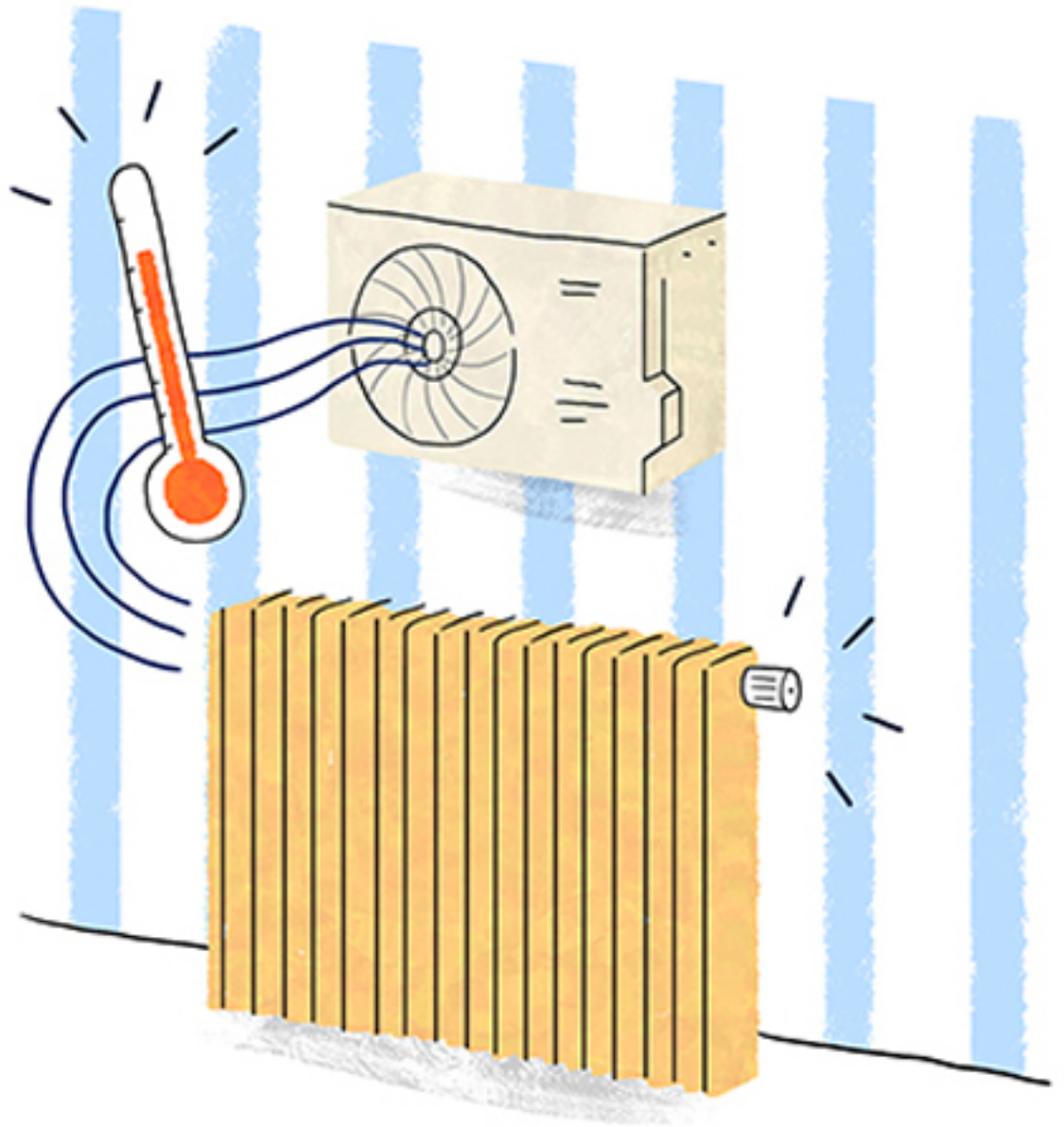
4. Use public transport and bicycles

If you can get to your destination using a train instead of a plane, consider this option as it's a more environmentally-friendly (and scenic) way to travel. If more people used buses and trains, together we could save tons of CO₂, help keep the air clean, and prevent traffic chaos. Many cities have a well-connected public transport network, and offer bike rental services for an easy and convenient way to get around.



5. Use your towels more than once

To reduce the number of washing cycles and consume less detergent, water and electricity, consider using towels for several days. This saves energy and resources, and protects the environment.



6. Switch off appliances to save energy

When you aren't watching TV or you're leaving your accommodation, switch off lights, appliances and adjust heating/AC controls in order to save energy. Your Host will not only appreciate the reduced utility bill, but the planet will thank you too.



7. Don't feed climate change

Food production creates more greenhouse gases than every commercial flight in the world combined. Producing food needs land, energy, water, machinery, packaging and transportation. So only buy the food that you need to prevent food waste as much as possible. If you can, shop packaging free, this can really help protect the environment. Cities and towns increasingly have zero-waste shops on the high street which sell package-free food and household items, and supermarkets have taken steps to offer loose produce.



8. Combine exploring with litter picking

Many cities have local groups which organise litter picking activities to help keep neighbourhoods clean. Initiatives such as [Keep Scotland Beautiful](#) and [Clean Up Britain](#) regularly organise clean-up campaigns. If you're interested in organised litter picking activities, check out their websites for more information.



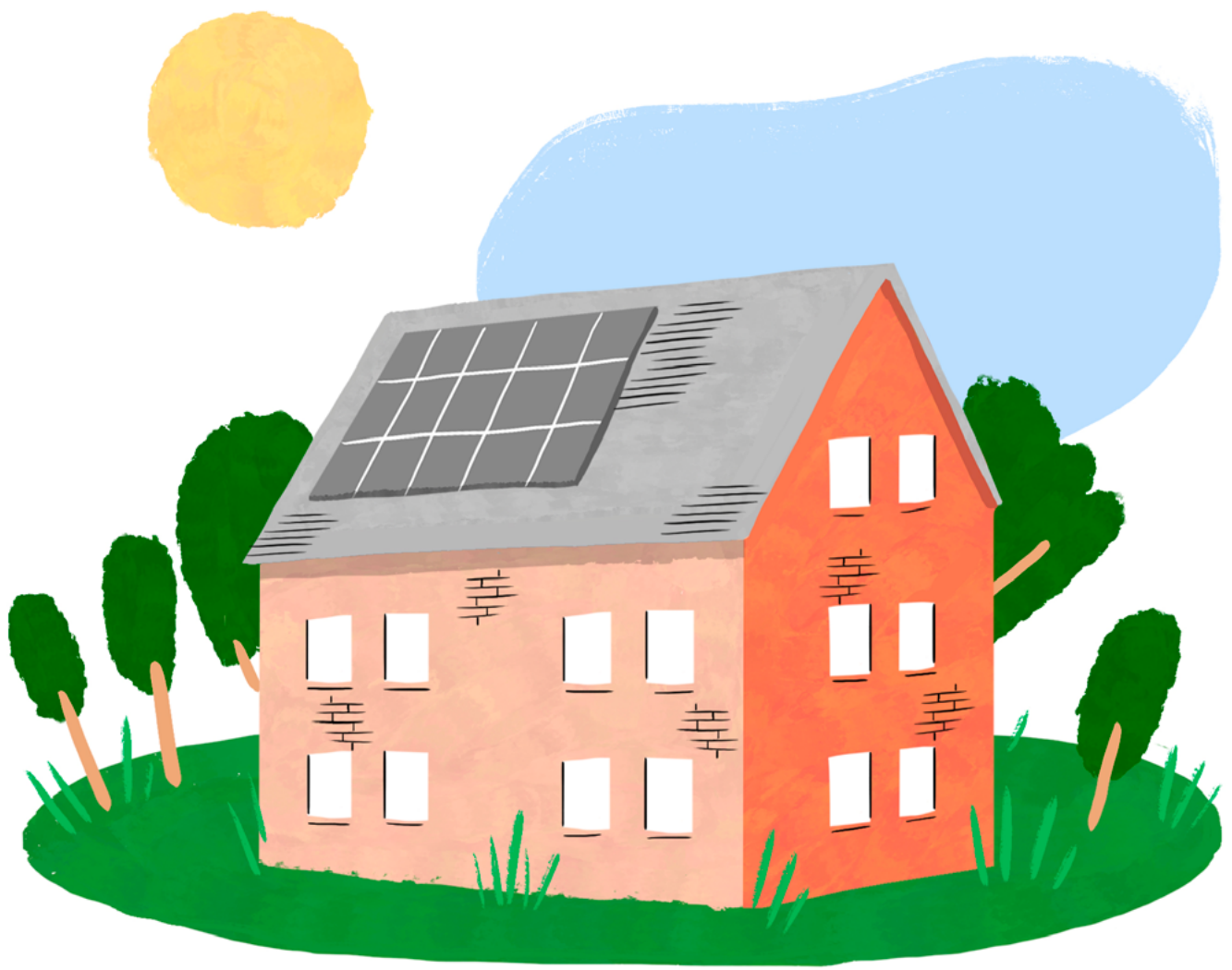
9. Switch over to WiFi

Connect your devices to WiFi instead of mobile networks as much as possible. Sharing and chatting over mobile networks is very energy intensive, so save energy and data by connecting to WiFi as much as you can. This also goes for updates/cloud backups. Turn off automatic settings and schedule these actions for a time when you're going to be connected to the WiFi.



10. Leave only your footprints behind

By reducing and reusing the need for resources when you travel, you can minimise your carbon footprint. Where items can't be reused or reduced, try to recycle as much as possible. Online resources and your Host are always a good point of contact to find out how to recycle correctly in a given location. If you're travelling in Scotland, the Recycling Sorter www.recyclingsorter.scot can help. For information about England and Wales, visit www.gov.uk/recycling-collections.



For more tips on living a sustainable lifestyle,
visit www.wasteless.scot