



## Sustainable Travel Tips

Resources from the Convention Industry Council



As meeting professionals, we're frequently on the go. Here are a few ways that you can improve the environmental footprint of your next trip.

### Prepare for travel

- Bring your own reusable BPA-free beverage containers and name tag lanyard.
- Fill your own reusable travel sized bottles with your favourite amenities.
- Pack lightly to reduce fuel consumption. If you're bringing a significant amount of materials, plan to send them with enough time for ground travel, and ship show-to-show when possible.
- Use lower carbon travel options when possible, such as trains or buses. If you need to fly, book the most direct route possible.

### Reduce food waste, water use and energy consumption at home

- Save your perishables. Give away any perishable food to neighbours before you leave, or store them for later use. Slice and freeze soft fruits for smoothies, make milk ice cubes for iced coffee, and prep any veggies or leftovers that can be frozen for making soup when you get home.
- Turn off your main water supply. This will make sure that small leaks don't run up your water use, and mitigates the potential damage from a major leak. Drain the pipes and flush the toilets if freezing weather is a possibility.
- Power down before leaving home and office. Did you know that equipment keeps drawing power when it's turned off but still plugged in? Using a power bar for your computer equipment and shutting it off is an easy way to bring down your power consumption.
- Adjust your heating or air conditioning levels if no one will be home. Depending on your climate, you might not want to turn them off completely to avoid freezing pipes or damage to wood in extreme heat.

### During travel

- Use public transit or ride-shares to and from the airport or train station.
- Use paperless boarding passes. For faster access, save them to your photos or e-wallet.

### While on site

- Take part in towel and linen reuse programs.
- Opt out of daily newspaper delivery if it is offered at your hotel.
- Adjust blinds (open when it's cold out, closed when it's hot out) and air conditioning/heating when you're not in your room to reduce power use.
- Take shorter showers. Tip: choose your favourite 4 minute song to play and use it as your shower timer.
- Make drought and carbon friendly food choices. Select tea over coffee, and vegetarian, chicken or fish over beef to reduce your water and carbon food footprints.

Feel free to share this list in your next "Know Before You Go" email to event participants.

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