

ZERO WASTE TRAVEL CHECKLIST



things to pack
&
actions to take

PACK:



- ☐ **Water bottle:** bring an empty water bottle and fill it up once your past security.
- ☐ **Thermos:** bring it empty to the airport and fill it up with a hot beverage after security or with water for a longer flight.
- ☐ **Snacks:** prep TSA friendly snacks (like carrots & hummus) to avoid airline snacks in single-use packaging. Bonus points for putting it in a reusable container you can use throughout your trip to use for takeout, leftovers, or as a compost bin!
- ☐ **Utensils:** avoid plastic utensils by brining your own metal ones or a bamboo set. Just make sure your knife isn't too sharp as it might get taken by security!
- ☐ **Produce Bag:** stow away a thin produce bag in case you want to get snacks while traveling, a pastry, or just need to bag items together.
- ☐ **Grocery Tote:** a staple when I travel, use this for impromptu shopping to avoid plastic bags
- ☐ **Solid Body Care:** pack bar shampoo and bar body and face soap in tins (I use upcycled mint containers) to avoid TSA liquid restrictions.

MAKE SURE TO:



- ☐ **Download your mobile ticket**
Save some trees and ink by downloading your ticket on your phone.
- ☐ **Unplug devices**
Even if electronics are off, they can still use power if plugged in! Before you leave, unplug all unnecessary electronics. (This will also mitigate any potential fires!)
- ☐ **Adjust the thermostat**
Traveling during the summer? Turn off your AC to avoid wasting energy.
Traveling during the winter? Turn the heat down to 50 degrees Fahrenheit.