

Travel

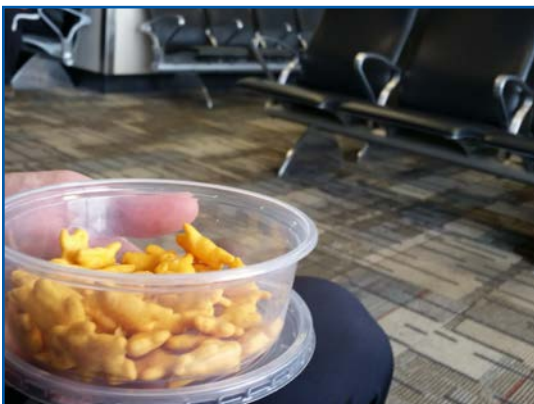


Travel takes you out of your normal routine, but you can still practice your low-waste habits by planning ahead.

Reduce packaging waste and disposables

Pack your own snacks and beverages in lightweight reusable bags or containers to avoid over-packaged convenience foods. Some easy-to-pack, low-waste items are fruits, veggies, sandwiches, bulk trail mix and nuts. Skip the convenience stores if you need to restock and instead find a local grocery store and shop the perimeter or bulk foods section if they have one. Try using the Zero Waste Home bulk locator app at zerowastehome.com/app to find options wherever you are.

Include reusable essentials when you pack, such as small bags for purchases, reusable containers and cups or bottles, cloth napkins, and lightweight utensils. For hygiene products use refillable containers instead of buying new travel-sized products. If using disposable bottles or containers is unavoidable, don't throw them in the trash. If there isn't an accessible recycling bin, hang on to them until you can locate one.



Entertainment and souvenirs



Bringing your own books or e-readers and tablets cuts down on impulse magazine and newspaper purchases. For souvenirs, resist the cheap knickknacks and instead purchase durable items like clothing or books or consumables like wine or foods that are

representative of the trip. Take pictures of the places you visit, and consider writing a travel journal to remember your experiences later rather than filling your home (or friends' homes) with things.

Flying

Air travel has a few special tips and considerations. If you can, use a smartphone for your ticket rather than printing out a paper copy. Check the airport beforehand to see if they accommodate e-ticketing. For carry-on luggage, your prepacked snacks should clear security as long as they aren't liquids or gels. Decline snacks and meals offered on the plane to avoid the excess packaging. Bring your own headphones instead of purchasing airline headsets, which aren't made to last. For TSA packing guidelines, visit tsa.gov/travel/security-screening/whatcanibring.

Camping



Cooking outdoors and unreliable refrigeration can lead to extra food waste while camping if you are not careful. Plan out your meals for the duration of your trip and pack perishable food wisely. To save time, prepare some of your ingredients ahead of time at home, which also allows you to compost or recycle any packaging or food scraps so you don't have to think about it during your trip.



To keep your food from spoiling without refrigeration, bring a reusable cooler with ice packs, or for longer stays, refresh your ice regularly (don't forget to recycle the bag once it has dried out). Try not to bring more fresh food than you can eat up in a few days. Once packed, don't open the cooler more than necessary, and make sure to store all of your food

in water-tight containers to prevent soggy foods and cross-contamination. If possible, keep separate, smaller coolers for meat and beverages, and keep your coolers in the shade and not inside a hot car. For more tips on how to pack a cooler, visit [100daysofrealfood.com/how-to-pack-a-cooler-safely-real-food-tips](https://www.100daysofrealfood.com/how-to-pack-a-cooler-safely-real-food-tips).



Bring a large water cooler and/or personal water bottles rather than packing bottled water. Skip the disposables and bring reusable plates or bowls, cups, and utensils. If you

plan meals for hiking, on-the-go, or plan to eat out, pack items in reusable containers. Instead of paper towels, napkins or towelettes, bring a set of old towels in different sizes—you can hang them on a line to dry them

in between uses. Two bungee cords braided together and stretched between trees makes an easy-to-pack clothesline that doesn't need clothes pins – hang items by tucking their corners between the two cords.

Avoid cooking in aluminum foil, and instead opt for cooking irons or a designated set of cast iron pans or regular kitchen pots and pans that can handle rough use. And although cooking over an open fire can be part of the adventure, hot flames can often result in burnt foods. Choose a camp stove for more reliable meal results, especially with main courses.

For dishwashing, bring reusable tubs, scrub brushes and dish towels. Make sure to dispose of your greywater (from dish tub and handwashing) according to the policies of the campground or natural area.

For gear, opt for well-made, durable equipment and reusable options whenever possible. If you're just starting out or concerned about price, borrow from friends or consider renting some of the basics from outfitters like Hoigaard's, REI, or the University of Minnesota Center for Outdoor Adventure.

Campers live by the principle of "leave no trace." In a low-waste world, that means pick up, separate and dispose of all your waste properly. Some campgrounds only have trash collection, so plan ahead to pack out your recyclables and food scraps. A good place to store organic waste is inside your emptied food containers inside of the cooler. When the trip is over and you are back home, take any hazardous wastes like empty fuel tanks and old rechargeable batteries to a drop-off location.