

Eco Friendly Traveller Checklist

This checklist was created by Gold Duke of Edinburgh Kayakers 2016/17 (KD, Chester, Irene, Beccy, Sara and Flo) to share with students preparing to go on an International Award Expedition.

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| **Eco friendly things to consider** | **Check** |
| All rubbish must be disposed of in a bin or carried with you – no littering in nature! |  |
| Limit the use of plastic |  |
| Save water and electricity (no 30-minute-long showers) |  |
| Don’t light too many fires (CO2 emissions) and be careful if you do |  |
| Don’t waste or bring excess food that needs to be thrown away |  |
| Don’t dispose of Trangia fuel in nature  |  |
| Avoid using drinking water to shower |  |
| Biodegradable and eco-friendly products should be used (eg. soap, Aloe Vera, shampoo, sunscreen) |  |
| Water bladders and reusable water bottles should be used instead of disposable plastic bottles |  |
| Reusable cutlery should be used instead of disposable ones |  |
| Bar soap is more environmentally friendly than liquid soap |  |
| Roll-on deodorant is more environmentally friendly than spray deodorant |  |
| Roll-on insect repellent is more environmentally friendly than spray repellent |  |
| Sunscreen cream is preferred to spray-on sunscreen |  |
| Reusable containers and Tupperware should be used where possible |  |
| Be respectful to nature (don’t damage trees, coral, etc.) |  |
| Don’t touch or feed wild animals |  |
| Minimise your noise pollution |  |
| Take only photos, leave only footprints |  |
| Raise awareness at school and at home! |  |

**``Created by – Florence Lacrosse and Sara Markkanen January 2017**