

# MAKE TRAVEL MATTER<sup>®</sup>

## TRAVEL CHECKLIST

THE  
RED CARNATION  
HOTEL COLLECTION

In partnership with the TreadRight Foundation, we're delighted to share this checklist as a simple way to become a more responsible traveller.

### 1 DO YOUR RESEARCH

- Choose companies that have a commitment to responsible travel and to minimizing the footprint of their offices and operations.
  - ▶ Our five-year sustainability strategy **How We Tread Right** addresses our collective impact on our planet, its people, and wildlife through 11 goals tied to the UN Global Goals. **Learn how** you can get involved.
- Request your travel documents be sent to you electronically rather than printed and mailed to reduce paper waste
- Consider traveling during shoulder seasons, or to less popular areas
- Fly direct; take-off and landing are the most fuel intensive portions of the flight
- Consider airlines that are investing in sustainable aviation fuels

### 2 BE PREPARED

- Pack reusables such as a water bottle or personal water filter and reusable shopping bag
- Bring toiletries in reusable bottles
- Pack light: the heavier the airplane, the more greenhouse gases it emits
- Learn local greetings and customs before you go

### 3 TREAD RIGHT WHILE TRAVELLING

- Refuse single-use plastic and recycle when this cannot be avoided
- Shop and eat locally to support the community
- Purchase locally made souvenirs and pay a fair price
- Avoid any purchase of wildlife products such as ivory
- Do not ride animals that ought not be ridden
- Adhere to hotel linen reuse programs to reduce water and energy consumption
- Walk, bike, or use public transportation when possible
- Take shorter showers (avoid baths)
- Turn off all lights, heat/AC, and TV when you leave your room
- When in use, keep AC at a moderate temperature
- Honour local customs, immerse yourself in the local culture and listen intentionally to local community members
- Visit a local farmer's market and meet the growers of your food, try a farm-to-table meal or join a **Make Travel Matter Experience**.
- Seek out experiences that are owned by or employ underrepresented communities
- Research wildlife venues and be sure they adhere to reputable animal welfare guidelines

### 4 UPON RETURN

- Share your experiences with friends and family

Keep up with how we #MAKETRAVELMATTER at:  
[www.redcarnationhotels.com/sustainability](http://www.redcarnationhotels.com/sustainability)