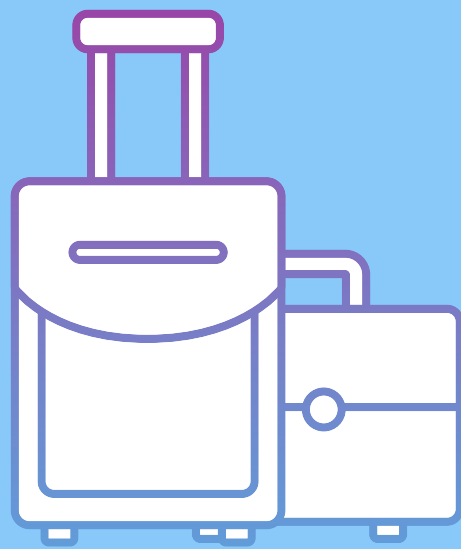


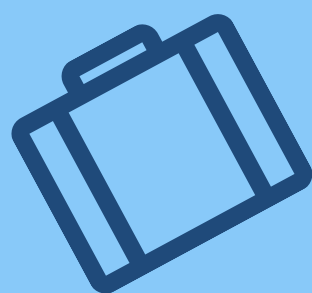
HOW TO PACK IN ORDER TO ACT



Below find some recommendations for an environmentally friendly packing list. Traveling sustainably is not difficult, it just requires some planning in advance.

1 PACK LIGHT

Pack effectively and efficiently by researching the area you are traveling to. Packing strategically is a great way to minimize your carbon footprint. Less luggage means less fuel and emissions.



2 REUSABLE WATER BOTTLE, STRAW & UTENSILS

Stay hydrated, save money, and lower the amount of trash you produce both inflight and in-country. Say no to single-use items.



3 REUSABLE SHOPPING BAG, TOTE BAG, OR BACKPACK

This bag can be used when grocery shopping, going to the beach, or when you go on a day/weekend excursion and ensure you won't use a plastic bag.



4 PACK BAR SHAMPOO/CONDITIONER AND BAR SOAP

Ditch the plastic. You don't need to worry about these liquids exploding in your bag!



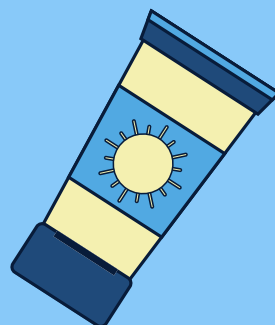
5 CLOTHES YOU ARE COMFORTABLE LEAVING BEHIND

Pack basic items you can wear multiple times. Get creative with the clothes you are bored of wearing. You're going to a place where no one knows you or ever saw you. Donate your clothes to friends at the end of your program.



6 SUNSCREEN

Look for sunscreen that does not include Oxybenzone and/or Octinoxate. These ingredients are damaging to marine life. Research sunscreen laws and options in your host country prior to bringing your typical bottle.



7 PACK YOUR OWN TOILETRIES

Look for eco-friendly deodorant, mouthwash, toothbrush, floss, toothpaste, razor, menstrual products, and bug repellent.

