

Sustainable-ish

HOW TO TRAVEL WITHOUT SINGLE USE PLASTIC

Soul & Surf's quick and easy guide



On Your Way There

Make a zero-waste kit and keep it in your hand luggage. Alternatives to the big four plastics:

Bottles: Invest in a good metal water bottle.

Coffee Cups: Take a reusable coffee cup on flights (and destination).

Straws: Metal or bamboo straw

Cutlery: Bamboo

Pack your own headphones, eye-mask and blanket for flights (and say no when they offer them).

Choose airlines that are reducing their plastic waste if possible.

Avoid plane food and all the plastic nonsense they give you by being prepared. Make yourself some energy bars, cut up some carrot sticks, whizz up some hummus, make some sandwiches – and put it all in a reusable tupperware (you will also find this tupperware useful on your travels at some point).

Re-use and look after the plastic bag you need for airport security. There's no getting around it, but you can use this bag over and over again. For years. You should see the state of Rach & Lisa's.

For The Whole Trip

Use soap not shower gel - no plastic bottles for you.

Refill old containers with the shampoo etc. you have at home already. Better still use solid/bar versions.

Get a bamboo toothbrush (take it home after your trip, give it a wash and use it to clean the sink once it's dead) or invest in an electric one – don't forget the charger.

Take your reusable fabric bag for shopping and learn how to say you don't want a bag (or a straw) in the local language - you'll get bonus points for trying, too. If you come to see us in Portugal, learn these two phrases:
“*Sem palha, por favor.*” (Without straw, please.)
“*Não saco, por favor.*” (No bag, please.)

Utensils: In your checked luggage you can pack a fork or knife, and if you have one, a Leatherman tool comes in handy. It has scissors, a few blades, screwdriver, and many other useful parts. A sharp knife is so helpful for slicing fruit.

Water: If you are traveling somewhere you do not want to drink the water, bring a purifying UV light or filter, so you are not reliant on bottled water. Alternatively, you can use a kettle at the accommodation to boil tap water.

Wifi: If you are getting a sim card, this is unavoidable plastic! If you go back to that country often, tape the sim card into the back page of your passport with the phone number, so you can reuse it.

Thanks to Plastic Free Mermaid for the last three - check out her full journal piece on how to travel plastic free.