

## Travel and on-the-go



Travel and being on-the-go takes you out of your normal routine, but you can still practice your low-waste habits by planning ahead to bring reusables and getting familiar with the recycling system at your destination.

### Be prepared while on the go by assembling a zero-waste kit



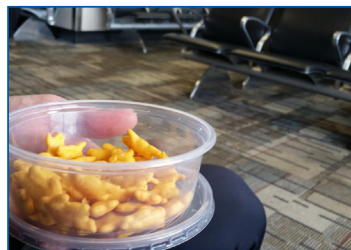
Even if you are mastering low-waste actions at home, your best intentions may fall apart when you are on-the-go and unprepared. One simple solution is to assemble a zero-waste kit. This will help you be prepared to avoid waste no matter where you are.

Here's what your kit could contain. It may seem like a lot, but most of these items can be nestled together, and you probably already have many of the items that you'll need. Remember to add more items for additional family members or friends.

- A small bag to store the contents
- Cloth napkin
- Spoon and fork (or spork to save space!)
- A lightweight plate or bowl
- Drink containers (canning jars, water bottles, thermos, or reusable plastic cups work well)
- A few reusable containers or storage bags for snacks or to pack up leftovers

### 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 [app.zerowastehome.com](http://app.zerowastehome.com) 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, such as soap and shampoo, 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



Bring your own books or a tablet to cut down on impulse magazine and newspaper purchases. For souvenirs, resist the cheap knickknacks and instead look for durable items such as high-quality clothing or books or consumables such as 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.

## Eating on-the-go



When you do dine out, choose sit-down restaurants that serve their food on reusable dishes. It is also handy to bring your own containers for leftovers to avoid taking unwanted packaging waste home with you. As an extra trash-reducing step, choose to eat at restaurants that you know recycle and compost their waste.

If getting food delivered or for takeout, ask the restaurant to skip the utensils and bag if possible. Some restaurants have a comments section where you can make this request.

If you drive often or are planning a road trip, pack snacks and meals so you don't have to stop for fast food or at gas stations since these places have a lot of foods in non-recyclable packaging. Keep some easy-to-store, long-lasting snacks like nuts, granola, or dried fruit in your car for when hunger hits unexpectedly.

## Flying

Air travel has a few special tips and considerations. If you can, save a copy of your ticket to your smartphone before getting to the airport. 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. Pack an empty reusable water bottle in your carry on and fill it up at a water fountain after you pass through security. 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](https://www.tsa.gov/travel/security-screening/whatcanibring).

*"When I'm going out to eat, I know ahead of time that I will only eat half my meal. I've been working on getting in the habit of bringing my own container for leftovers. I get frustrated at times because I don't like carrying more things into a restaurant. However, whenever I've managed to bring my own container, I hear positive comments from strangers. Many people really appreciate the idea of using your own container instead of making extra waste by taking a to-go container. It's worth it to keep trying."*

**- Edina resident**

## 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.



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://100daysofrealfood.com/how-to-pack-a-cooler-safely-real-food-tips).

To keep your food from spoiling without refrigeration, bring a reusable cooler with ice packs, or for longer stays, refresh your ice regularly (remember to recycle the bag in plastic film recycling 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



Bring a large water cooler and/or personal reusable 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 braided 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 Recreation and Wellness Center.

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 in 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.