



Ecoista Traveler's Guide

Traveling is one of the most enriching experiences we can have, but it can also have a significant impact on the environment. At Somos Ecoístas, we believe it's possible to enjoy our travels without leaving a negative footprint on the planet.

With just a few changes in how we plan and experience our trips, we can become more sustainable and responsible travelers.

Here are some recommendations to help you become an Ecoista traveler before and during your trip:

Before Traveling — Be an Ecoista



Choose sustainable destinations and travel in the off-season

Opt for places that promote sustainable tourism. Many cities and regions are adopting eco-friendly practices and encouraging respect for nature and local culture. Do your research and choose destinations committed to sustainability.

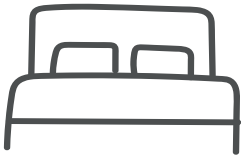
Traveling in the off-season not only helps you avoid crowds but also reduces pressure on local resources and infrastructure. Plus, you'll enjoy a more authentic and peaceful experience.



Choose more sustainable transportation

Using public transportation is a great way to reduce your carbon footprint. Trains, buses, and trams are efficient and eco-friendly. Many cities offer convenient and affordable public transit.

Exploring on foot or by bike is not only healthy, it's also a wonderful way to experience your surroundings at your own pace and without polluting. Many cities offer bike rentals and have designated bike lanes.



Look for accommodations that share your values

Choose hotels, hostels, or rentals that implement sustainable practices like renewable energy use, efficient water management, waste reduction, and support for the local community. Prioritize those that support local development and economies, helping reduce the environmental impact of tourism activities.

Pack with sustainability in



The less paper, the better. Thanks to digital tools, you can use electronic tickets, boarding passes, and guides.



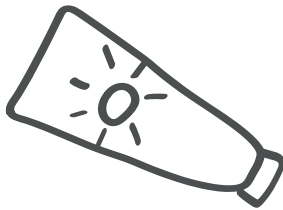
Try to use recycled or eco-friendly suitcases or backpacks. Cloth covers help protect your luggage.



Skip the “just in case” items—only pack what you’ll truly need.



Bring solid toiletries like bar shampoos, soaps, or even toothpaste in tablet form.



Use biodegradable or reef-safe sunscreen.



Bring reusable essentials like fabric bags—they’re great for laundry, souvenirs, and everyday use.

Being an Ecoista Guest – At Your Hotel and Destination

- Be mindful of energy use: Turn off lights, A/C, and electronics when leaving your room. Unplug devices you're not using.
- Conserve water: Take shorter showers, turn off the tap when brushing your teeth or shaving, and reuse towels and bedding to reduce laundry loads.
- Minimize plastic use and recycle properly: Bring a reusable water bottle, cloth bags, and containers. Avoid single-use plastics whenever possible. Follow local recycling rules at the hotel and in the area.
- Use reef-safe sunscreen
- Respect the culture and natural environment: Don't take natural souvenirs like shells, rocks, or plants. Respect wildlife—don't get too close to animals. Avoid activities that exploit animals, such as elephant rides or dolphin shows.
- Support local communities: Participate in cultural experiences and buy handmade local products. This supports the community and gives you unique, authentic souvenirs.
- Choose responsible tour operators: Look for those offering sustainable tours that prioritize environmental conservation and community respect.
- Volunteer if you can: If time allows, consider helping with environmental or community-based volunteer projects.
- Respect people and places: Follow all posted rules and local customs during your visit.

Being an **Ecoista traveler** means traveling consciously—respecting the planet and the communities we visit. Every small change we make in our travel habits can have a big impact. At Somos Ecoístas, we encourage you to adopt sustainable practices and inspire others to do the same.

Remember: A responsible traveler not only enjoys their trip but also helps protect the world they're exploring.

Join the movement and make every trip count—so we can all keep exploring!