



NOMAD *Patagonia*
Explore Beyond Borders

A COMPLETE GUIDE TO RESPONSIBLE TRAVEL



Part 3: Preparing For Your Trip



While travel agencies, journey operators, and accommodations are doing their part to reduce the impact of tourism, we would be remiss to forget about the travelers themselves. They also have a part to play.

A responsible trip begins before you ever leave your home. It begins at the planning stage, when you're thinking about what to bring with you.

The Local
Experience Curator



- *So, how can you plan a responsible trip? Here are some ideas for what to pack:*

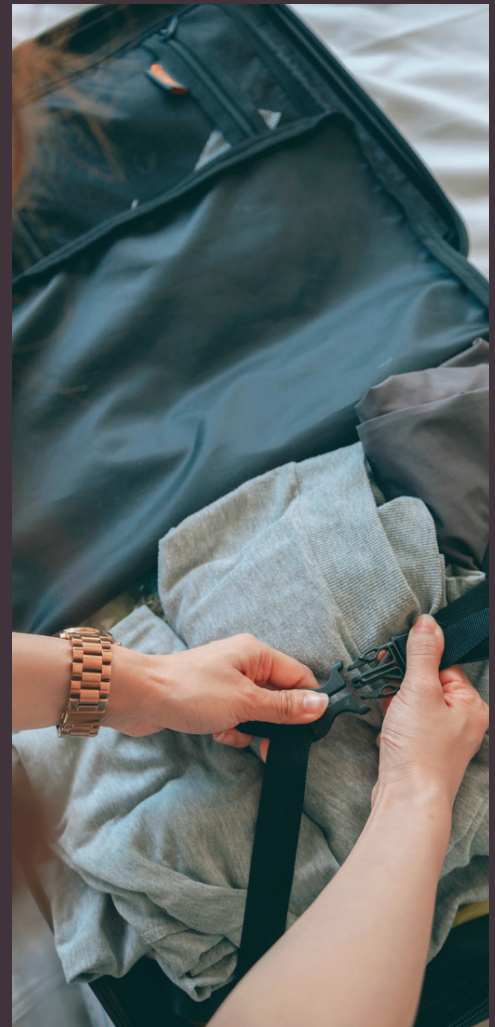
- Bring a reusable water bottle with a water filter, which will avoid the consumption of plastic water bottles and which will also result in savings for the traveler. Make sure that the bottle is free of BPA's, easy to wash, and made of steel, which is durable and hygienic.
- Avoid using plastic cutlery and straws by bringing your own. Plastic cutlery and straws create a lot of waste because they're used once and then discarded. Wood or metal reusable cutlery is a much better alternative.
- Bring a solar charger to keep your electronics charged. This avoids the use of electricity and it gives you an excuse to get out into the sunshine.
- Take reusable shopping bags on your day trips. The best of these bags are made of cotton or another natural fiber, which makes them durable and washable. In any case, ensure that the material is easy to wash with little detergent consumption.
- Do not forget your sunscreen and repellent. When purchasing these items, look for the organic varieties that are good for your skin and also the environment.



Practical ways to lighten your weight when packaging

"Travel light, travel better."

- Not only is it good for your comfort, the less luggage you carry, the less fuel the plane or car that moves the luggage will require. To travel smarter, it's worth being a minimalist, but remember that you have to bring what you need to avoid having to purchase it along your way. Follow these tips for packing smarter:
- Choose a suitable suitcase. If you can manage to fit everything you need into a smaller one, then you can take it with you in the cabin. Not only does that keep your belongings safer, you'll also be able to get out of the airport much faster
- Bring clothes that will work several times. Think about pants that zip off into shorts, waterproof windbreakers, light clothes, and towels that are easy to wash and dry.





Make sure that you are allowed to bring everything you want to bring, especially if you're only flying with cabin baggage. Glass bottles, utility knives, metal-tipped canes... although you may want to bring these, they could be a problem to transport.

Borrow what you do not have. Jackets, backpacks, and sleeping bags are practical and necessary on some trips, but better to borrow them than use them once and never use them again.

Bring soap and shampoo that are biodegradable. Remember that bath water is often untreated and anything you put down the drain goes directly back into the water system.

Bring skin care without chemicals. These chemicals will end up back in the water system, not to mention the damage they do to your skin.

Invest in easy-to-wash and reusable wipes. Forget about wet wipes, which don't biodegrade easily and can be full of harsh or harmful chemicals. Even sanitizing gel can be used to replace the use of these wet wipes.



- Try a natural deodorant. If your destination is a hot one, your likely going to be sweating (because sweat regulates body temperature as part of the normal detoxification process). Natural deodorants are sold in many drug stores or you might even try something completely natural deodorants, like baking soda.
- Since the use of masks is here to stay for the foreseeable future, be mindful of the type of mask you wear. Masks intended to be used for one day and then discarded are causing irreparable damage to the environment. If we want to collaborate with stopping this, we must choose reusable fabric masks, which, in the long run, are cheaper and can alleviate this constant contamination.