

## HOW TO BE A GOOD ECO-TOURIST

No one can argue that New Zealand is a beautiful destination with many wild and natural places. With more and more people visiting, it's important that everyone does their bit to maintain and protect this special environment.

### **Carry A reusable water bottle**

To stay hydrated and reduce plastic. Many towns have water fountains — if you can't find one, ask a local.

### **Say no to straws!**

This one's pretty simple. We need to reduce single-use plastics, and straws are just not necessary. If you really like them, carry a reusable stainless steel one with you.

### **Go to Farmers Markets**

Because not only will you find fresh, seasonal produce that hasn't been transported far, it'll probably all taste better!

### **Choose a hybrid**

If you're renting a car, to reduce emissions. If that's not an option, pick the smaller or more fuel-efficient vehicle.

### **Walk, cycle or kayak**

Instead of drive where you can, it's a much better way to see the country than through the car window.

### **Don't take plastic bags**

Many supermarkets now sell paper bags, compostable bags, or let you use cardboard boxes. Better still; purchase a groovy fabric bag from a local shop.

### **Carry your own takeaway coffee cup**

There are some great, non-leaky reusable cups out there, and cafes often give a discount if you bring your own.

### **Buy zero waste products**

Be mindful when you buy things, opt for compostable or no packaging where possible.

### **Respect DOC**

When you're off exploring the wild places, be sure to pay attention to any track closures or information signs. There's always an important reason for why they are there.

### **fix it, don't throw it away**

With the internet at our fingertips, if you can't fix it, it's likely someone else can.

### **Recycle**

Always ask at your accommodation about how you can recycle, and choose the correct bins when discarding your rubbish out and about.

### **Buy local**

From food items to crafts, buying local reduces your carbon footprint. Plus you get to connect with and support the people who live in the place you're visiting.

### **Car pool**

You'll often meet someone who's going the same direction as you. Talk to people in hostels or campsites if you have a spare seat to find some company.

### **Be picky**

Look for tour operators and businesses that respect the environment and wildlife they work amongst. Be prepared to pay a few extra dollars, because it's worth it.

### **Avoid leaving any waste**

New Zealand has a good distribution of public toilets. Please avoid leaving any waste at the roadside. It's unpleasant and unhygienic for others to find.

### **Wash your gear**

Between trips out in the bush to protect the spread of unwanted pests, like didymo.

### **Go solar**

There are a number of portable solar charging packs on the market — why not hook your gear up to the sun, instead of a battery.

### **Pick it up!**

Even though many of the beaches in New Zealand are pretty wild and clean, you can still find litter. If you do, please pick it up to recycle, even if it's not yours. There are many great organised beach clean-up groups you can join in with around the country, like Sustainable Coastlines.

### **Bag your cigarette butts**

Don't flick them, stomp them, or squish them, put them in a bag and bin them!

### **Fly neutral**

By selecting to offset your carbon footprint when flying to and from New Zealand. Air New Zealand and Jetstar offer this option.

### **Be sun smart**

Don't use sun cream with oxybenzone or octinoxate. These ingredients are particularly harmful to the marine environment.

### **Stick to fishing limits**

If you're a fisherman, don't get greedy and take more than your fair share. The fisheries are already under strain.

### **Treat flora and fauna with respect**

Don't go chasing off after the wildlife trying to get a selfie. Birds like Yellow Eyed Penguins are particularly sensitive to being approached. Stay to the trails so that native plants and animals aren't trampled.

### **Use natural products**

Soap Nuts are an awesome option for body wash, shampoo, laundry and dishes - you only need a few, they are reusable, and keep chemicals/toxins out of our waterways.

*The little things do make a difference. If we all make small changes to the way we travel, we can preserve the unique places in the world.*

*By helping us protect New Zealand, we can continue to proudly welcome conscious visitors to our clean, green home.*

*Written by Fleur Curac*

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*Arrival.co.nz*