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Conscious Travel *Check List Guide*

21 Easy Ways You can
Make a Big Difference

Conscious Travel Check List Guide

Congratulations! You have now taken the first step to make your future travel experiences even more exciting and meaningful.

In this guide you will find **21 Easy ways** you can make a **big difference** by making conscious choices. It is filled with reflections, tips and tricks, for you to find what works best for you.

To travel Consciously is **not to try to do it all**. It is a journey where you find your path. We are only here to inspire you to find what resonates and is aligned with you.



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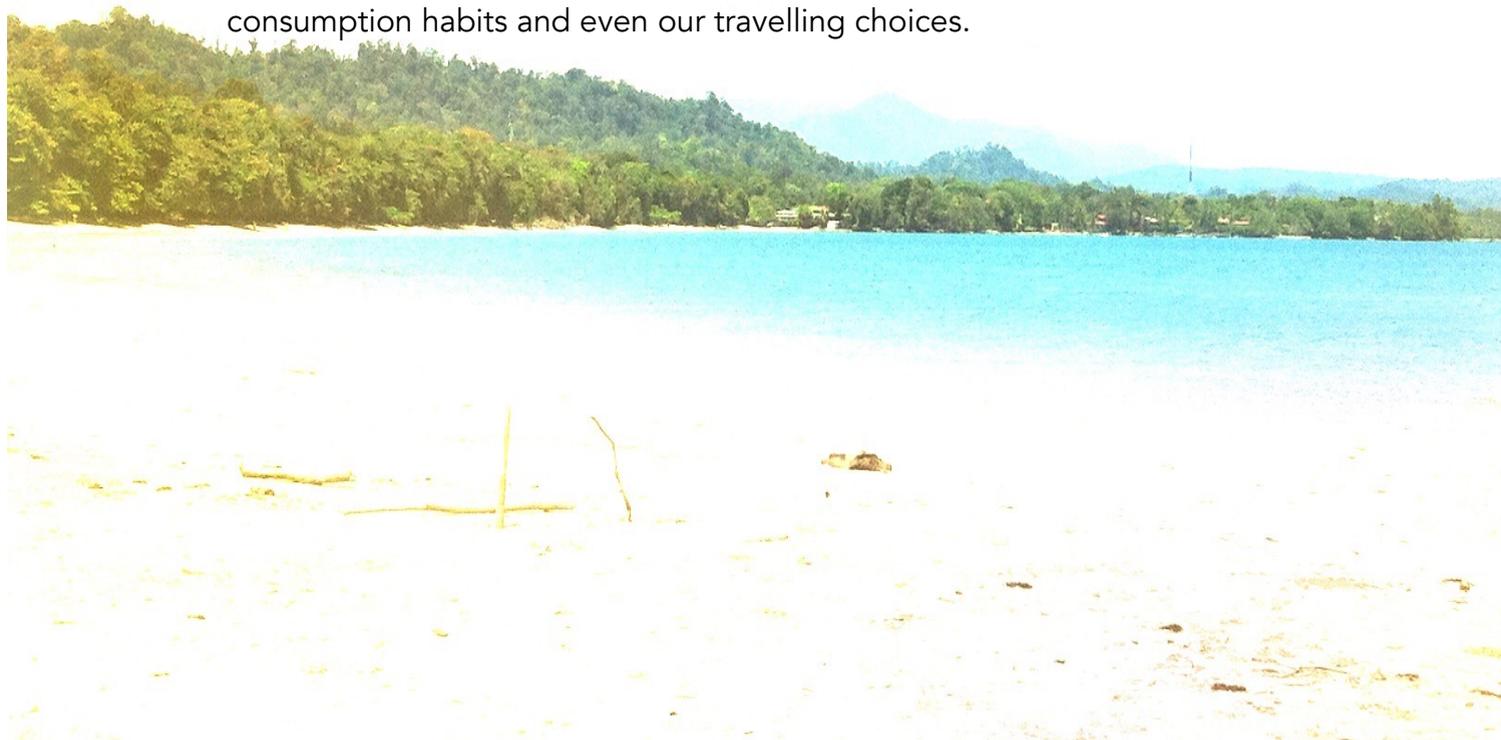
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What is Conscious Travel?

A New Growing Trend

Conscious Travellers are shaping a new trend – one that is mindful, collaborative, participative and co-creative. These travellers are making informed choices; they are redefining luxury and value; they seek meaning and purpose from their experiences; they want to put something back; and they expect suppliers to act responsibly.

A **Conscious Life** is therefore a life that is carefully lived with an awareness and care for our existence, sensations, thoughts and surroundings. This includes people near and far, the environment, our consumption habits and even our travelling choices.



Conscious Living can be seen to be **Mindful** – an awareness of the consequences – where all states of being are the essential pre-conditions for acting responsibly. How can we take responsibility for our actions, if we are sleep walking or in a trance? For us, Conscious Living is an **awakening process**, filtering every area of our lives.

Conscious Travel then, is to use our mindfulness and awareness of our choices also when we travel, when we are out of the “normal” environment.



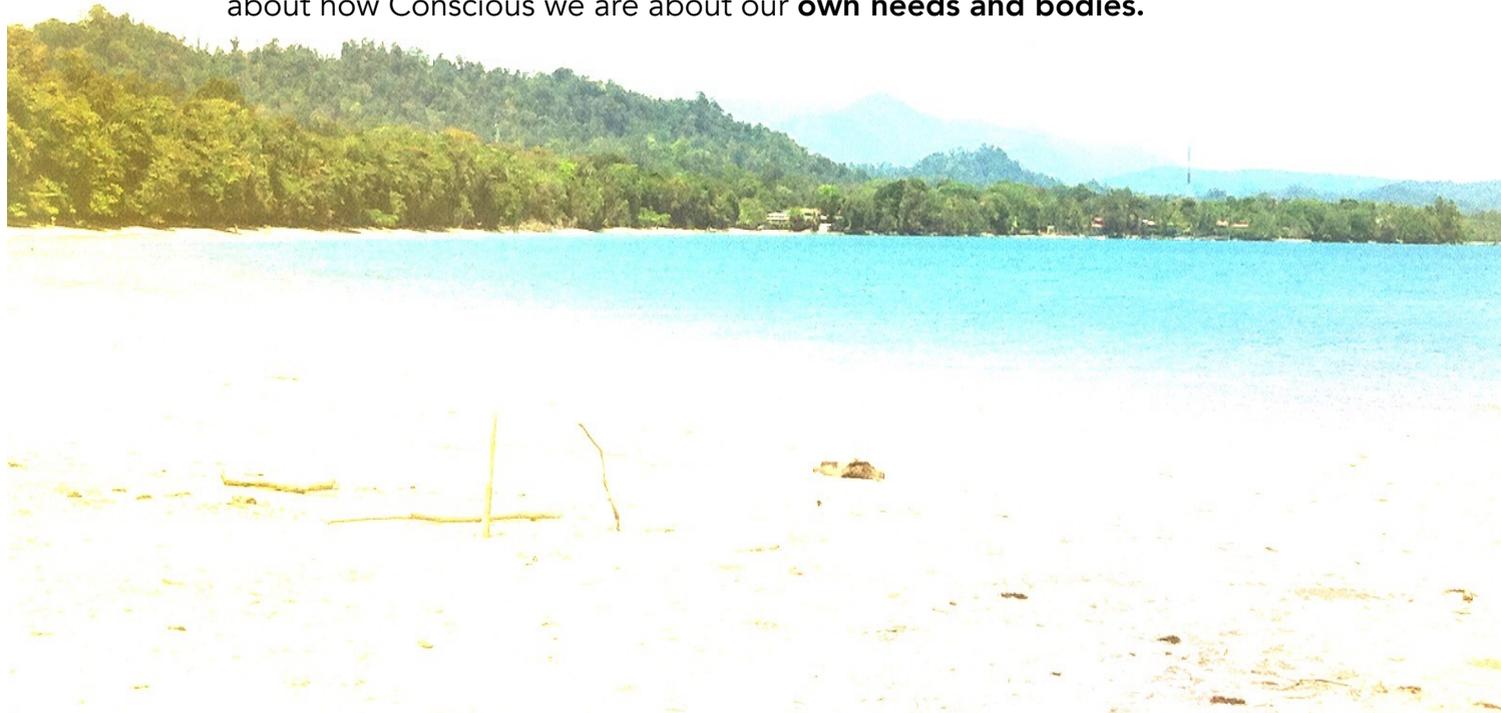
Can we stay Awake and Alert then?

Or do we fall into making convenient choices and get into holiday mode?

At home, it can be quite easy to be “good” concerning our sustainable practices. In our family, we have our organic grocery shops, we recycle and we walk, bike or take public transportation instead of going by car.

While travelling, being sustainable and organic can be more of a challenge.

But Conscious Travel is *not only* about sustainability and organic choices. It is a **Holistic Approach to life**. That means, it is not only about **how we travel, what we do travelling, what we eat or where we sleep**. It is also about how Conscious we are about our **own needs and bodies**.



What are *Your* Needs?

- How often do you forget your **basic needs** when travelling?
- Do you get enough **sleep, food, water, nature and physical activities**?
- How often do you fear to miss out on something while travelling and therefore **push yourself** more than necessary?
- Or do you go into the other “sloth extreme” and **get fried on the beach**?

Conscious Travel is all of the above for our family. It is for ourselves, for others, our surroundings, environment AND the planet.

Welcome to our Thriving World!



21 Easy Ways you can Practice a Conscious Travel Lifestyle

It is easier to say than do sometimes. We know what we can do to make a difference, and then we kind of forget or just go back to old habits. Especially while travelling.

There is a natural explanation for that. It takes more energy to change our habits and do things differently than if we just do as we normally do. When we travel, there is so much new energy, impressions and NEW everything, that it can take even more energy to stay alert and conscious of our choices. But fear not.

Our suggestion is to pick one or two of these 21 easy ways to practice Conscious Travel. The ones that feels easiest and most joyful to get into. Then when that one is a new travel habit – add some new. Do not go all in, even if it might be tempting. As human beings, we are creatures of habit. So, "*Relax, have some sugar*", as Osho said...

Before you go

1. Follow your Heart while planning your next Journey

Think consciously of *where* you are going and *why* you are going.

- We often look around for “signs” before we decide where to go – if there are some **themes** coming up over and over. And then we do **research** around them to see what locations are attractive and feel expansive for us and in alignment our values and preferences.

Examples:

- For our **South East Asia** trip, palm oil and orangutans kept coming up when we wanted to decide what warm place we wanted to live in during the dark and cold winter of Scandinavia. So Sumatra became one of the places to go on that trip.
- Before we decided where to go for our Copper wedding anniversary (12,5 years) in 2016 it was all about Stargate 12, Sacred Union, Mary Magdalene, Cathars etc. These **keywords** led us to Southern France to do energy work and activations on the Stargate 12.



2. Follow Divine Timing

Check within and go with Flow

- It is so easy to forget to **follow the flow** and let our wants and needs push something forward. If it doesn't resonate, make you feel joyful (even if fear is coming up) and/or expansive – don't go.
- Wait until **divine timing** creates a longing to take action. It might not feel right one day, and the next day you feel it pulling you and you end up saving thousands of dollars on flight tickets or something. Yes, we had that happen...
- **Practice checking in with your heart and body - before you take any decisions.**

How?

- If you experience **contraction or a neutral sense** in your gut area, that would be a **no**.
 - If there is **expansion and/or excitement** – that is a **yes**.
 - Find how **your body** is communicating with you and honor that.
- That is one of the most conscious ways of living!

3. Take Responsibility for your Choices

What Choices do you make? And why?

- For us is living consciously to be **aware of the choices we make**.
- It might be more sustainable to take the train instead of the airplane, and here we have to make a choice. Shall we never travel to faraway places because we don't want to fly? Or can we donate some money to fly greener as a compensation? Or?

There are no right or wrong answers here, and therefore it is more about being aware of the **consequences** of our actions and come at **peace** with the choices we do take.



4. What Conscious Travelling Choices can you take?

So, what are the things you can do to reduce your carbon footprint while travelling?

- The best thing is to minimize to **travel by air** and use alternative travelling methods as much as possible.
- If you're travelling by air for a long distance, try to **fly direct** without too many stopovers. With stopovers, the plane makes a detour. It makes more miles and thus consumes more fuel and emits more CO₂.
- For example, travelling **by train** can save up to 90% of the CO₂-emissions compared to air travel when travelling the same distance.
- **A bus** that runs on renewable energy easily saves up to 75% of the CO₂-emissions from an airplane.
- And you can even travel by **electric car**. You just need to plan ahead, figure out where all the charging stations are and off you go!

5. What Do we Pack?

Less is more and Use environmentally “better” products

- When you start packing, do you pack only **what you need**, or things that is “nice to have”? An extra dress, just in case you get invited to a fancy party (because that often happens, right?) The more we bring on our flight, the heavier the airplane, the more CO2... and even more important...the more back pain we can get from all the carrying... Less is more sometimes!
- What things do they have at your travel destination that could support **the locals** and what do they not have?
- If we know it will be difficult to find organic products we use, we will **bring it**. We will not start to use toxic skin products made in China if we can bring my favorite from home.
- On the other hand, we do try to **cut down on the amount of bottles** we bring. For instance, instead of bringing body oil, sun lotion and hair conditioner, we will use **coconut oil** for body, hair and even teeth (if necessary). You can buy organic coconut oil in most countries.

When you travel

6. Where do you choose to stay?

Stay Green, Greener...

- While looking for eco-tourism or **Eco-lodges**, be aware that going green has become somewhat of a marketing tool these days. **Recycling** and having the label eco-lodge doesn't insure overall sustainability.
- Do your **Research** and go with the "best" option your wallet can afford. It can be that that not 100% eco-lodge is the best for you! It most likely is better than a huge hotel chain choice. Choose from your heart.
- When you go to a big resort, the money you pay often ends up with foreign investors instead of the local community. Consider go with **small establishments or guesthouses**. The money you pay them is providing a family with food and not getting some CEO a third car. In addition, when you go with small establishments you help distribute revenue on a local level; it actually benefits the country you are visiting.

Use your hotel as if it was your own home

- Would you spend hours in your own **shower** or leave the lights on during the day?
- Or **throw the towels** in the laundry after every shower? When you see those messages in a hotel bathroom, asking you to please try to not use too many towels, it is because laundry accounts for **16%** of the water usage.
- Just try to be mindful of your **water use**, **turn off the lights** when you go out the door and keep the thermostat at a normal temperature.
- As you probably would do at home.
- **Turn off air con** when you leave the room – always!



7. Be conscious of your Food Choices

Go more Organic and Plant-based

- Even if you are not vegan, vegetarian or any combo, try to eat more of **Organic and plant-based** diet when possible. It is not only good for you, but for the environment.
- Try to eat more **Raw fruits and veggies** on daily basis. Although, be mindful in warm countries of bacteria. We always bring **colloidal silver** to kill bacteria and sometimes wash off our fruits with.

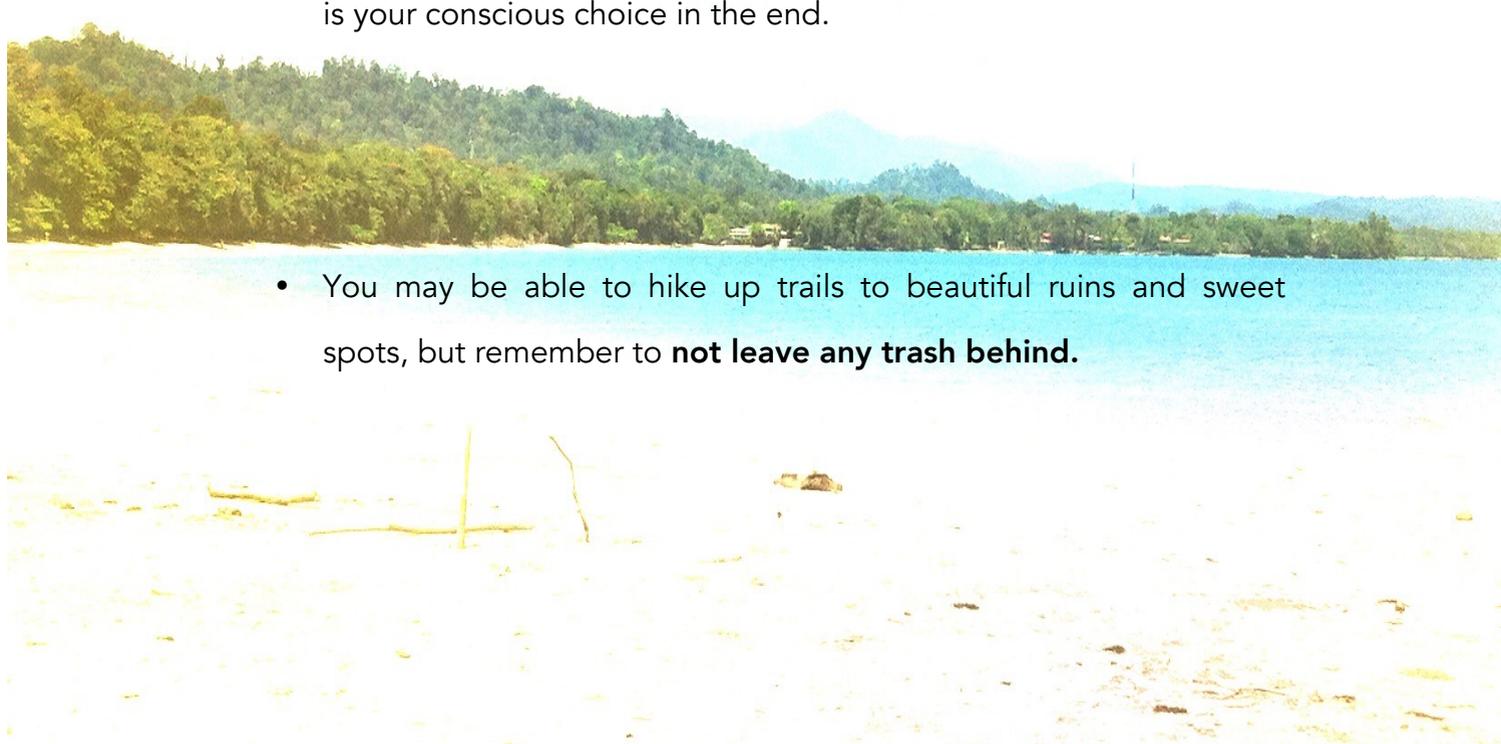
- We always use the app or website "**Happy Cow**" <https://www.happycow.net/> - to find more healthy choices when travelling. You can find vegan, organic, vegetarian restaurants, as well as organic supermarkets and other health stores. That app is our best friend on our journeys!

8. Activities - What you are going to do there?

Are the activities you are going to engage in going to harm anyone, or anything?

- You may be able to **swim with turtles, dolphins and other amazing creatures**, but please do not touch or disturb them in any way.
- If they are not in the wild, but caught in Marine Centers and retreats – is it worth it? They will be captive. What are the values of the Centers? One can argue it is never right to keep animals captive, but on the other hand, we have experienced many rescue centers and places that supports the survival of the animals... So it is your conscious choice in the end.

- You may be able to hike up trails to beautiful ruins and sweet spots, but remember to **not leave any trash behind**.



- You may be able to fly over beautiful waterfalls – but are the helicopters **ecofriendly, do they disturb wildlife, and is the business local?**
- Always ask these questions before booking your tours, there are plenty of **local, eco-friendly businesses** that would take you around to give you the same amazing experiences in any given destination.
- Look at activities that don't require a lot of **CO2** emissions such as kayaking, mountain biking or hiking.



9. Hop on a subway, train or bike when you're abroad

Go Public!

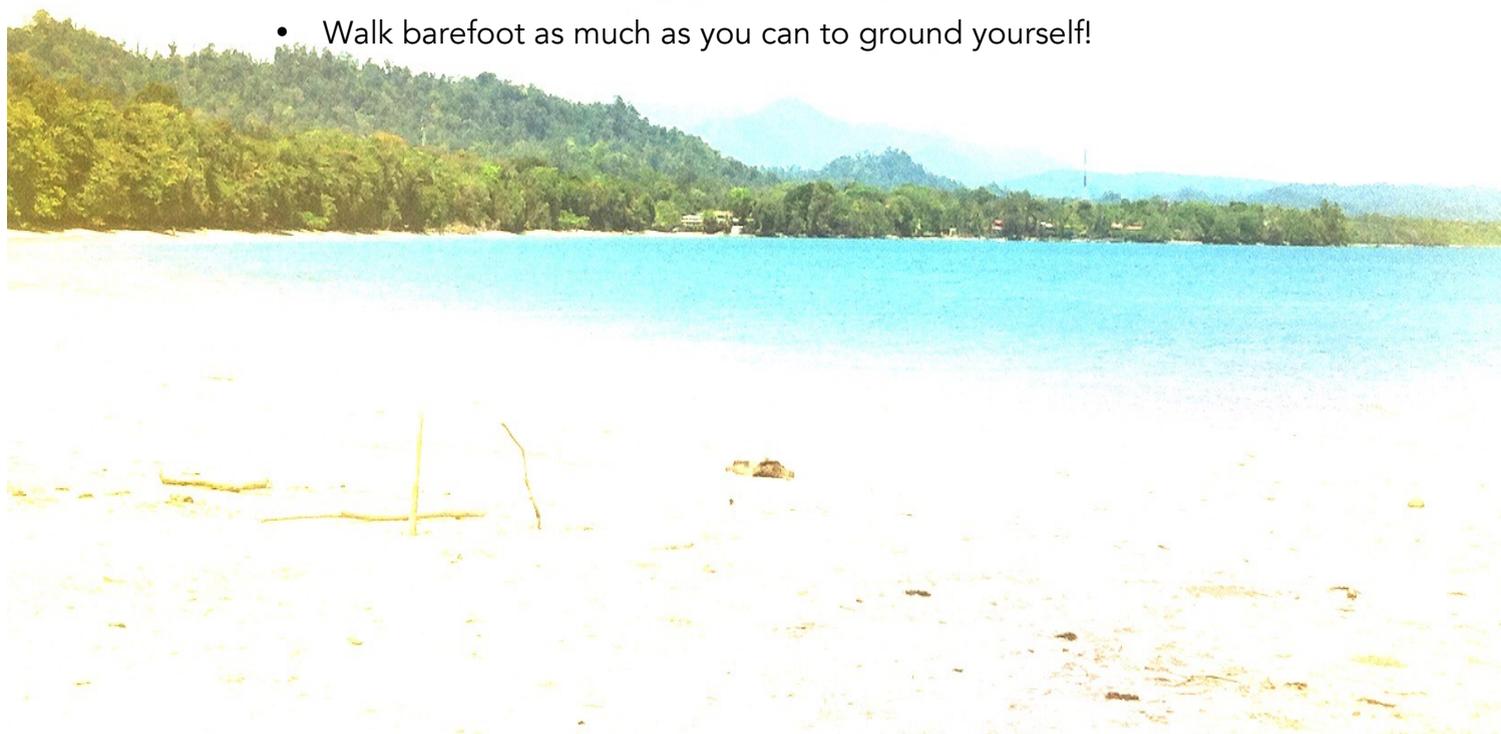
- **Public transport** is one of the greenest ways to travel and get around.
- Use a **subway, a bike or a tram** when you're travelling in a city. Oftentimes it's quicker than a car and you don't risk getting stuck in a traffic jam in the middle of the city.
- Look into to rent **electric cars or hybrids** if you need to have a car somewhere.



10. Ground yourself in nature daily

Go to Nature

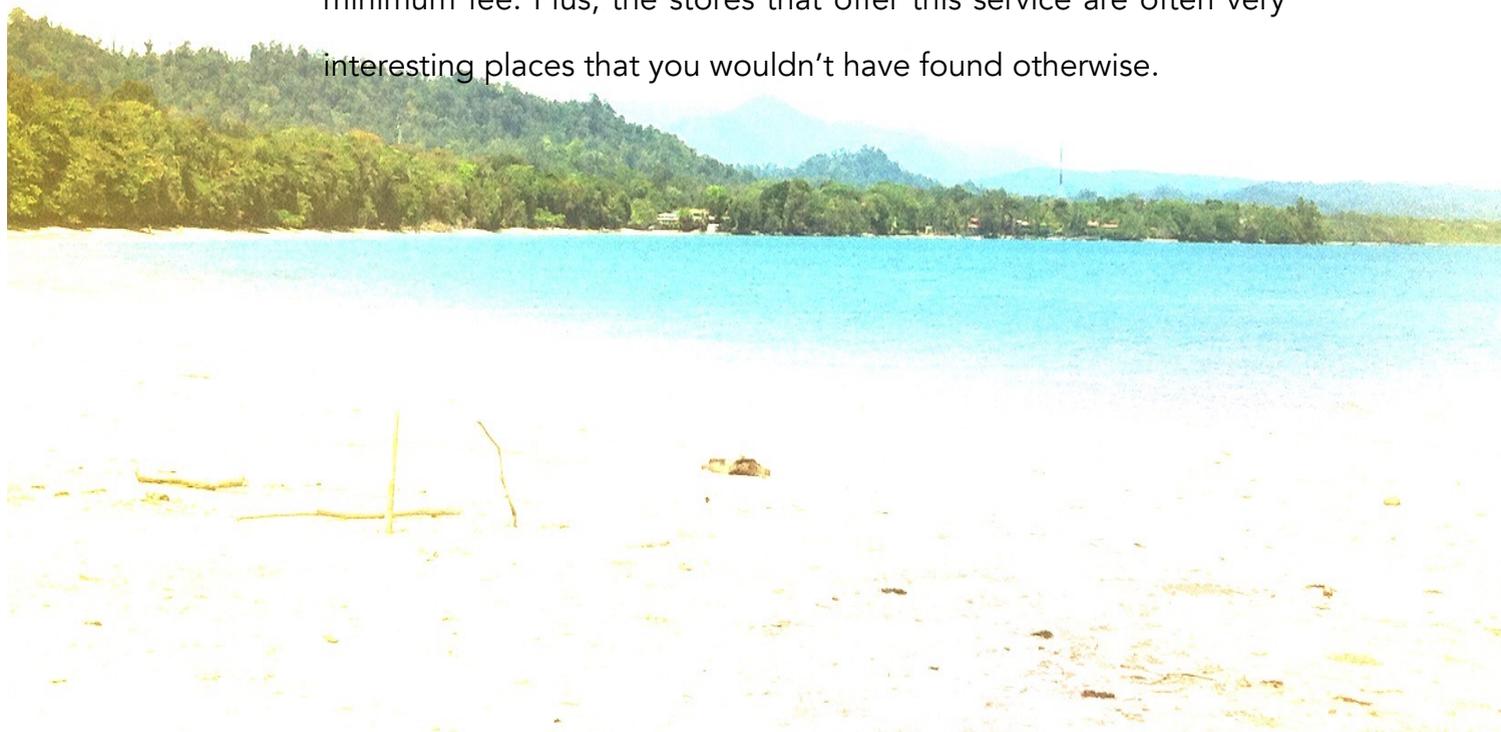
- A good thing about travelling is that we might have the chance to be more in nature, which means your own health can be improved due to grounding/Earthing.
- **Grounding** – preferably out in nature - allows the brain to spend more time in healing, restorative alpha brain wave state, and allows us to feel calm and alert.
- Walk barefoot as much as you can to ground yourself!



11. Water filtration

Drop Plastic bottles and filter your water!

- In many countries, you can't drink the water from the tap. That's a big problem if you don't want to drink from plastic bottles.
- One easy way to get yourself drinking water is **boiling the water** that does come from the tap. Note that water has to be on a full boil for at least 10 minutes for it to be safe.
- But why not take a **water filter** with you? They're often not all that expensive and even better, they'll earn themselves back in no time!
- If you're traveling in Asia, you can also download an app called [Refill My Bottle](#). The RefillMyBottle map shows you nearby locations where you can refill your water bottle for free or for a minimum fee. Plus, the stores that offer this service are often very interesting places that you wouldn't have found otherwise.



12. Plastic bags and food containers

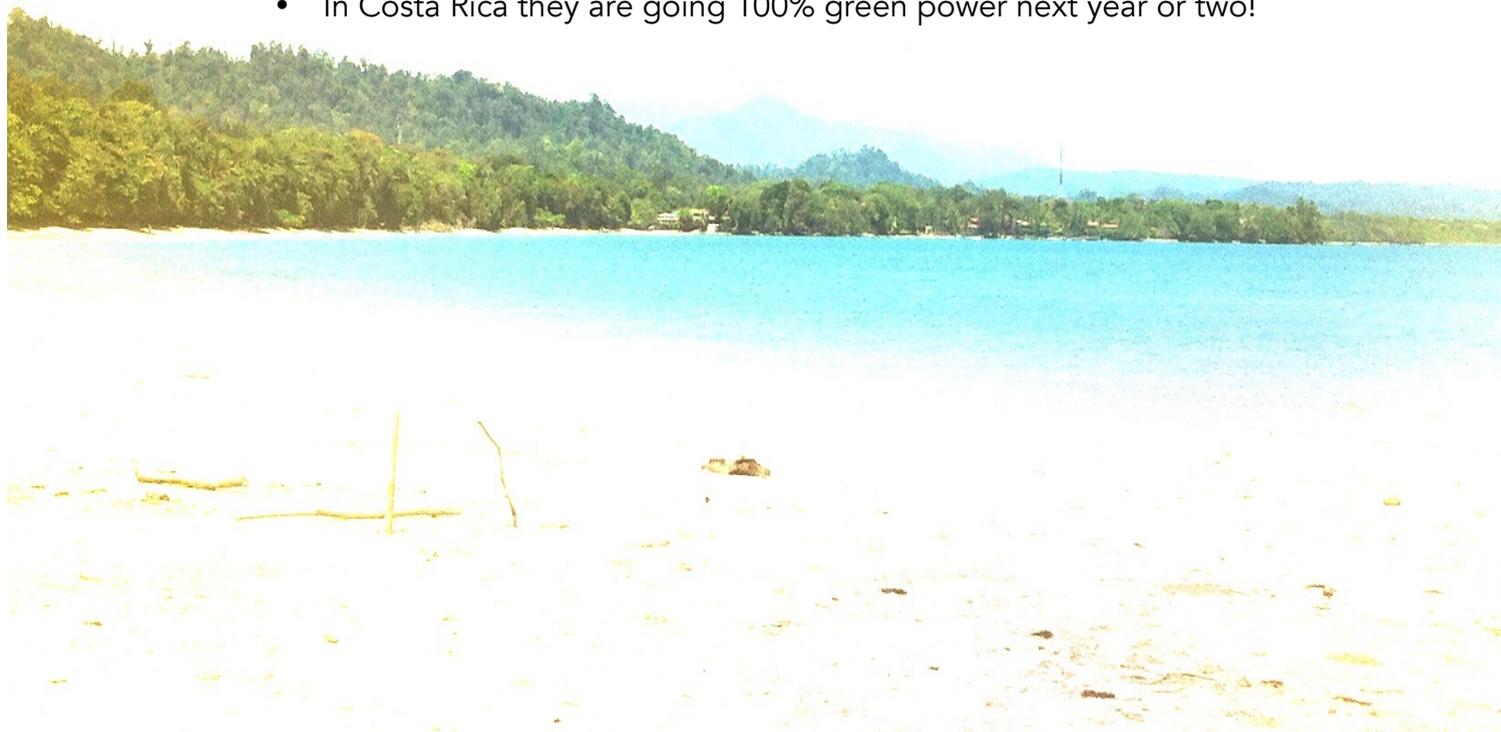
Always bring a shopping bag

- Make it a habit to always have **shopping bags** in your carry-around bag. After all, you never know when you're going to find something that you want to buy on the road and need something to carry it in!
- If you're in a store and the staff automatically put what you've purchased into a plastic bag, don't be embarrassed to simply say: **Thank you, but no thank you!**
- Another place where there is a lot of **plastic waste** is in the food and beverage industry. Of course, you often won't see it, as they don't bring out the plastic with your meal, but that doesn't mean it isn't still there. Your best bet is to try to **eat locally** as much as possible, as the shorter the distance they transfer the foods, the less packaging they need to get it there.
- If you do want to take food away with you, consider bringing your own **containers**. We try to use **glass containers or jars** as much as possible. Buying a large jar of jam can be a great container after it's empty. That way you **recycle** as well!

13. Power consumption

Where do they get their power from?

- When you're abroad you'll most likely want to have a cool room or use your laptop. But do note that different countries generate their electricity differently. So, make sure that you check how the country you're visiting **generates their power**.
- Do they rely on **renewables**?
- Do they burn a lot of **coal**?
- Or do they use back-yard **petroleum generators**?
- The more they use the latter, the more you should try to avoid using electricity while you're there.
- In Costa Rica they are going 100% green power next year or two!



14. Engage with local businesses

Go Local!

- Buy **local produce, eat local food**, look for **souvenirs made by locals** – and the profits of which also go (preferably) directly to those locals.
- Are locals being exploited in any way by the businesses you're engaging with?

If you find several local options:

- Try to find out which one of these local businesses are **most conscious, green, sustainable and/or eco-friendly**. Support them!



15. Be mindful of sound levels when traveling

Enjoy the Silence

- Be conscious of **how loud you speak, and what you say** – in places that deserve quiet and solitude.
- For instance, when driving through quiet towns, entering sacred ground, or hiking lush forests. **Honor the environment.**
- If people are **napping** on the beach, try to show your respect even if others don't.



16. Remember to fill yourself up

On the Sunny Side

- When travelling to Sunny Locations, use the sun to fill up your **vitamin D** resources and your energy.
- **Sun gazing** is a great source of energy. **Our bodies** are made of **photons** (light), so a daily dose of sun light is not only the best source of vitamin D, but also energy. You can start looking into the sun for **10 seconds** in the morning and/or evening (within an hour of sunrise or an hour of sunset where the UV is non-existent) and increase 10 more seconds each day up to 45 minutes. This will triple the size of the **pineal gland** and will supercharge the mind, body and spirit.



Before you Go Home

17. Respect and honor the Places your are going to

Respect the do's and don'ts of a Destination

- Leave the culture intact, and respect their ways of doing things as you'd like them to leave, and respect, yours.
- **Google "things not to do in [insert where you are traveling to]"** when packing as a practical way to figure out the do's and don'ts of a destination.
- It is never about what everyone else is doing, it is how you would like **to be treated** if you were in that persons shoes or flip flops...



18. Don't get overwhelmed and try to get it perfect

You are doing great – and you are enough! Relax....

- Conscious travel isn't hard – you just have to think, learn, and preserve in a **compassionate and heartfelt way**.
- It doesn't mean you **can't eat or drink** what you want to eat and drink. You don't necessarily have to be a **vegan**. You don't have to wear **hippie clothes**. You do not have to stay **exclusively with locals or do volunteer work**. Many **luxury resorts** are super **eco-friendly**.
- Conscious travel just means that we should **try to do what we can to help preserve or support the society we enter**; we observe, learn, and don't destroy it.
- It means you are being **aware of your impact** and you are being responsible about it.
- It might be hard to get organic produce or to go on eco-tourism outings but you could go to a **local farmers' market**. This way, you get local produce and you are supporting the local economy. And the chances for **less pesticides** in the products are greater too.

19. Pay it forward

How can you make a difference?

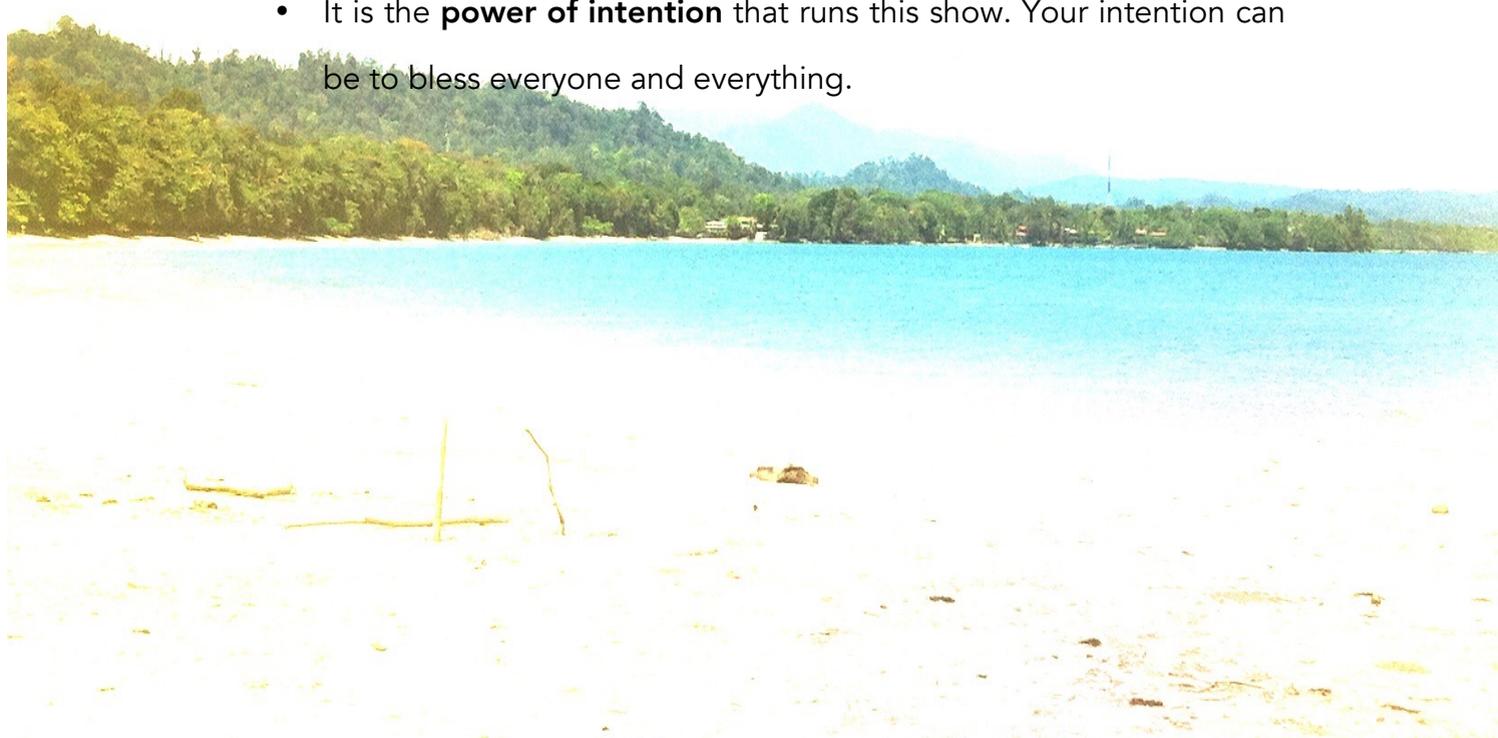
- The aim of travelling sustainably is to **give back** to the country you are visiting.
- This consists of three aspects: the **environment, the community and the national or local economy.**
- Ask yourself: **How can I make a difference here in the most loving and as little invasive way as possible?**
- If that means you want to **bring a trash bag** with you to the beach to pick up some garbage and plastic - that is still one more step towards a **Thriving World.**



20. Activate, Heal and do Energywork

Bless you - to raise the frequency on the planet

- When we start to do things for the **highest good and the well-being of all**, we can start to live our full potential.
- So send out **blessings and love** around you wherever you go.
- We can start to experience ourselves as **gifts for others** and the planet.
- It does not matter if you feel dumb or silly while doing it as the more you do it, the more you **rewire your brain** to know the truth of it. **Fake it until you make it as they say. As long as you don't harm anyone—does it really matter?**
- It is the **power of intention** that runs this show. Your intention can be to bless everyone and everything.



21. Children are our future

If not for you, do it for the next generations!

- It is important that we **go green** as much as possible – especially when we're traveling. Why? Because if we don't, then the generation after us won't get to travel like we do anymore; there will be nothing left to see.
- For that reason, take whatever care you can to **reduce your footprint** and keep the plastic out of the oceans. It's the least we can do. After all, we didn't get the planet from our parents, but we're borrowing it from our children.
- **Let's all act responsibly!**



Conclusion

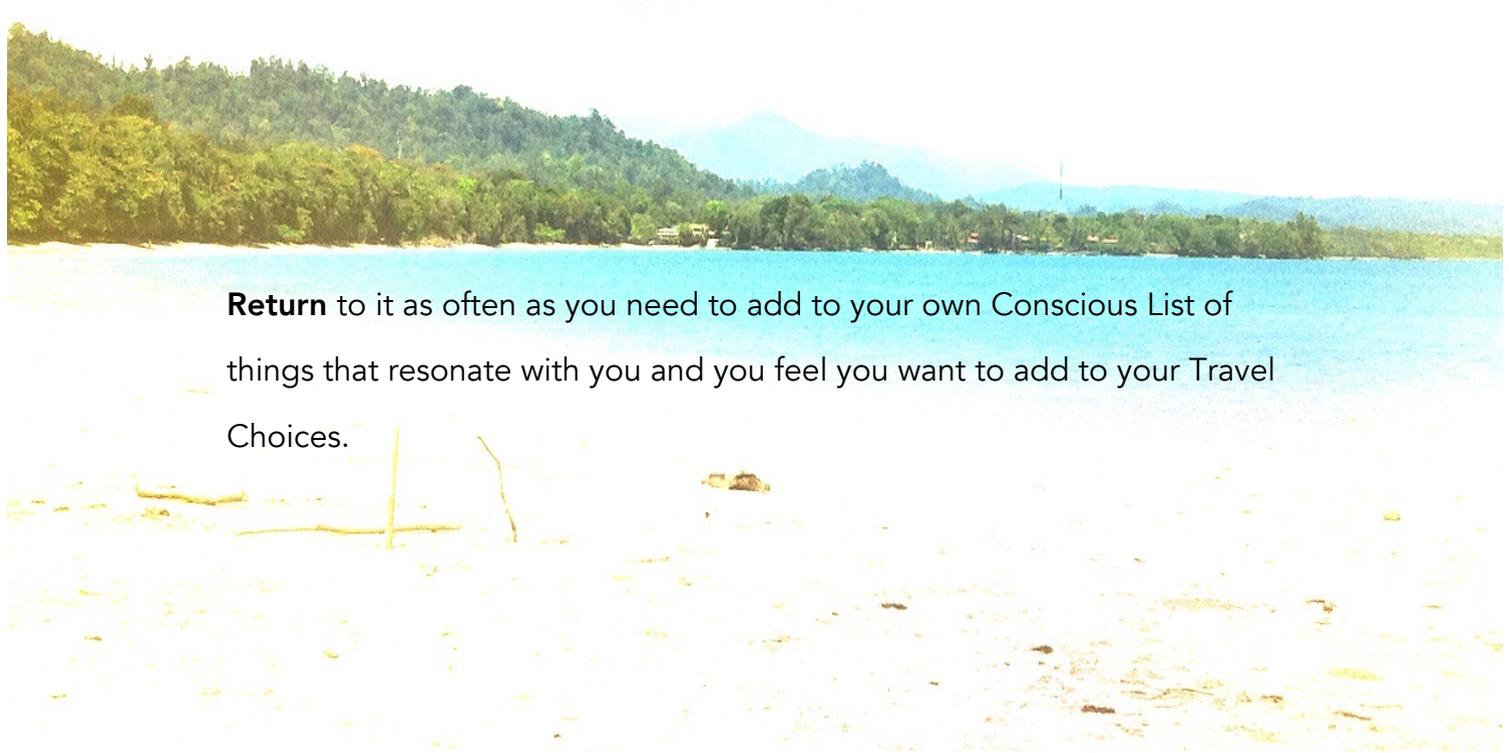
There are no right or wrong ways to practice Conscious Travelling. It is your journey, you decide.

What we can do is to provide some of our ideas and choices to make your life easier and joyful. But it is your choice and your life and responsibility.

Save this **Check List Guide**

Pick and choose the things that feel best for you to take **Conscious Action** on for your next journey.

Return to it as often as you need to add to your own Conscious List of things that resonate with you and you feel you want to add to your Travel Choices.



The **world is an incredibly diverse place.** And embracing this diversity as much as you can is what will add the richness to your travel experience.

Dig deep.

Connect.

Use all your senses.

Listen to your heart.

Love your Life!

That is How you can Practice and Embrace Conscious Travel in your Life!

Enjoy your Travels!

Feel free to **SHARE** our site with your friends! And check it out for more Conscious Travel Family stories and tips!

<https://www.conscioustravelfamily.com/>

Together we can make a difference!

Susana, Oliver and the Kiddos