

BEST PRODUCTS TO HELP YOU TRAVEL PLASTIC FREE

Cutting down on our reliance on single-use plastic is on most people's radar now, but unfortunately it can become particularly challenging while traveling. Travel writer and eco-enthusiast Zoey Goto has picked out the best products on the market that will help you cut down on plastic disposables while not taking up half your hand luggage.

BY ZOEY GOTO • ZOEYGOTO.COM

STOJO COLLAPSIBLE COFFEE CUP

The Stoj cup is the brainchild of three New York dads keen on tackling the 58 billion disposable cups that America throws away annually. The resulting design is an ultra-portable, leak proof, and collapsible reusable cup that's perfect for popping into your hand luggage. stojo.co



SERAPHINA'S KITCHEN REUSABLE STRAWS

Americans use 500 million drinking straws a day - enough to fill 125 school buses with disposable straws every day. Solution? Reusable straws from Seraphina's Kitchen. A family pack of funky straws in either regular or extra wide are dishwasher safe, come with a small cleaning brush and an absorbent pouch so you can transport wet straws without them leaking in your bag. amazon.com



NOMADER COLLAPSIBLE WATER BOTTLE

Made from flexible BPA-free silicone, the cleverly designed Nomader bottle rolls up when not in use, making it a great travel companion. The bottle is leak proof, comes in a range of vibrant colors, and can be popped into the dishwasher. nomader.com



JOSEPH JOSEPH GO EAT CUTLERY SET

Avoid having to use disposable cutlery while on the go and invest in this stainless steel portable set from Joseph Joseph. The knife, fork and spoon set fits neatly into its own silicone carry case. josephjoseph.com



LUSH PACKAGING-FREE PRODUCTS

Avoid plastic entirely with Lush's packaging-free body products. These include solid shampoo bars to suit all hair types, deodorants, facial wash, toner bars, and wash cards: strips of fragranced soap that lather up when you add water. The products are solid, so you don't have to worry about carrying liquids in your hand luggage. lush.com



WOWE BAMBOO TOOTHBRUSHES

Dentists recommend replacing your toothbrush every few months, meaning that an estimated 3.6 billion plastic toothbrushes are thrown away every year. Solution? Invest in bamboo toothbrushes from Wowe, which have BPA-free bristles and a durable bamboo handle that won't splinter. The packs of four brushes (enough to last each person a year) arrive in zero waste packaging and come in adult and children's sizes. wowelifestyle.com



HUMANGEAR GOTOOB CONTAINERS

These little silicone containers are perfect for taking your own shampoo and conditioner from home, so you don't need to use plastic miniatures from hotels while traveling. They are ideal for traveling with just hand luggage, as they hold up to 100 ml and are within airport liquid restrictions. humangear.com



Let's be honest: travel and sustainability don't always make the easiest of partnerships. However, the recent buzz for eco-travel has paved the way for many cities, hotels, tour operators, restaurants and individuals to test out pioneering ways to travel responsibly. Each issue, Twist will be shining a light on the people and places that are attempting to impact the natural environment and local culture in a positive and sustainable way.

WELCOME TO THE TWIST ECO HOT *List*

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COPENHAGEN - THE MUST-VISIT SUSTAINABLE CITY

Copenhagen has long been a forerunner for green initiatives, and now many other global cities are looking towards the Danish capital for sustainable inspiration.

So what green credentials does this city have? Firstly, bikes are king of the road and outnumber cars. Residents do the school run and commute to work by bike, making Copenhagen's aim to be carbon neutral by 2025 realistic.

Other initiatives include green roofs on buildings, electric buses, public water fountains providing exceptionally clean water, and 70 percent of the city's hotels holding official eco-certifications. Plus there is a great organic food scene. Time to see for yourself why the Danes are said to be the happiest people in the world!



LUXE HOTEL GETS FOOD WASTE SAVVY

Over in Bern, Switzerland, the five-star Hotel Schweizerhof Bern has a team of 'Green Busters' who've implemented environmentally-friendly ideas. Recent initiatives include reducing food waste by using vegetable leftovers to make vegetable salt, and introducing fully recyclable boxes that allow guests to take leftovers home after dining in the hotel's restaurants.

Hotel Schweizerhof Bern also has 150,000 honey bees on the roof of the hotel, as well as climate-neutral rooms, where guests can donate to offset their CO2 emissions. schweizerhof-bern.ch/en

PLANT YOUR OWN CORAL IN THE MALDIVES

What we leave behind in the countries we visit is a concern for many travelers. At the Fairmont Maldives, eco-conscious guests can make sure it's a positive impact through a number of schemes from planting coconut trees to participating in turtle release programs and planting coral.

The Maldives are home to the first coral regeneration project in the Indian Ocean. It uses unique non-toxic sculptures that encourage the settlement of underwater life and act as an artificial reef, patrolled by manta rays and over 250 species of tropical fish.

The resort hosts a night time snorkeling program, where guests can explore these sculptures guided by the resort's marine biologist. fairmont.com/maldives/

THE BEACH-CLEAN BUZZ

As our global plastic consumption rises, arriving at a vacation destination to find the beach littered with plastic waste is becoming a common concern. The My Green Trip organization is a community of travelers and tourism groups with the mission of picking up trash left in nature. Join one of their meet ups or order their clean-up kit (made from recycled materials) online and organize your own. mygreentrip.com

Over in Mozambique, The Azura Benguerra Island resort has been organizing clean-ups that unite both guests and staff in tackling debris being washed up onto the shore. Every participating eco-conscious guest receives a t-shirt as a memento, along with the satisfaction of knowing they're helping to restore the remote beaches to their former pristine glory. The last clean up resulted in 15 bags of garbage being removed from the beaches. azura-retreats.com

