

REDUCING WASTE GUIDELINES

FOR VISITORS TO ANTARCTICA

BE PART OF THE SOLUTION

When travelling to Antarctica, there are steps you can take to reduce the amount of plastic and other waste produced. Waste is removed from Antarctica by ship or air and taken to ports outside the region for disposal, but these may have limited facilities depending on their location.

Your operator is working towards reducing single-use plastic in its operations. You can support their efforts and help leave no lasting signs of your visit by reducing the number of items you bring, use and dispose of during your trip. There are also steps you can take to stop trash and harmful plastics from ending up in the environment.



REFUSE

Say no to items you don't need such as bags, bottles, cutlery and cups.



REUSE

Extend the life of your belongings. If you don't need it, give it away.

WHEN TRAVELLING

- Avoid using disposable cups, straws, bottles, food containers and other items.
- Do not throw any non-organic items in the toilet, including wet wipes.
- Make sure all your belongings are well secured when outside, paying particular attention to tissues and camera materials.
- If necessary, bring waste home for proper disposal and recycling to reduce strain on remote areas with limited waste management facilities.



REDUCE

By consuming less and using reusable items, you can help reduce the total amount of waste worldwide.



RECYCLE

Learn about waste recycling at home and separate accordingly. Look for recycling opportunities when travelling.

CONSIDERATIONS FOR YOUR NEXT TRIP

- Travel with reusable items such as water bottles, cups, bags, cutlery etc.
- Use reusable, durable waterproof bags to protect your camera and other devices from the elements. Avoid using plastic bags for any reason, even resealable ones.
- Do not bring hand or feet warmers. Most are single use and wrapped in plastic. Instead, invest in good quality clothing to keep you cozy.
- Remove unnecessary packaging from new items before packing them.
- Choose eco-friendly alternatives when selecting your travel toiletries.
- Choose products with non-plastic packaging such as soap and shampoo bars. If you need to use plastic bottles and containers, choose reusable ones.

WHAT THE TRAVEL

INDUSTRY IS DOING

The International Association of Antarctica Tour Operators (IAATO) and the Association of Arctic Expedition Cruise Operators (AECO) have joined the United Nations Clean Seas campaign. Together with our members, we are working to systematically reduce the use of disposable plastics and other items. Operators are also involving guests in beach clean-ups worldwide and remove tons of marine litter every year. Through information to crew, staff and guests, and through sharing of best practices, IAATO and AECO are involved in raising awareness and involvement in safeguarding the environment, at sea and on land.

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