



CHECKLIST FOR SUSTAINABLE HIKING



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Collect your waste, even organic!



Do not touch nests, eggs or dens, you may alter their smell and affect animals living there.








If you pick mushrooms, remember to pat them and do not put them in plastic, to spread the spore and guarantee new mushrooms.



Do not light up fires if possible! Consider taking a course on how to hike responsibly first.



CHECKLIST for SUSTAINABLE BATHING

-  Use reef-safe or organic sunscreen, to avoid polluting the water when you go swimming.
-  Try not to alter the seabed, it may be home for sea creatures.
-  Do not take sea stars out of water: the change of pressure will destroy their gills and they will not be able to survive, even if you put them back in water!
-  If you encounter a jellyfish, try to warn other people to swim around it or just to relocate it. Do not kill it! It's also part of the ecosystem.
-  Always bring with you a bag for collecting trash.

