

Environmental Tip

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The Green Franciscan Sister

Green Travel: Hotel and Motel Tips

Each year there are over one billion room stays in approximately 54,000 hotels and motels throughout the United States. When you travel, seek a hotel that is eco-friendly and as such, participates in green lodging efforts; for example, the Green Hospital Association listing, Green Lodging Program, Green Seal, or Green Leaf certification programs.

During your hotel or motel stay, the following 10 environmentally friendly actions may assist you in reducing, reusing, recycling, and conserving the goods of our sister, Mother Earth.

Inform the lodging that it is not necessary to change your sheets and towels for more than one night's stay there. You may wish to bring a packet of safety pins and small colored beads and attach a bead to each towel using a designated color for each person. Before checkout, remove the pins and beads.

Close the drapes in your room to keep the sunlight out in areas where the temperature is hot, and open the drapes to let the sun warm your room on chilly days. This action will save energy usage.

Turn off lights, air conditioning/heat, radio, television, and any other appliances when not in your room.

To save energy, use only one lighting fixture at a time when possible.

Reduce the amount of water used for cleaning your teeth or showering/bathing. For example, when brushing your teeth, only turn on the water to wet your brush and then turn the water off while brushing. Have a glass filled with water for rinsing your mouth and to wash the toothbrush. This action alone could save a pint of water or gallons of water. When showering, turn the water on to get wet, turn the water off to lather, then turn the water back on to rinse oneself. For example, by limiting your shower time, a one or two-minute reduction can save many gallons of water.

Utilize the containers placed within the lodging for recyclables.

Bring your own containers for drinking as it saves the use of the lodging's glasses or cups. Save the soap, shampoo, or other amenities provided by the lodging and donate them to the local agencies that assist the economically disadvantaged in your community.

Utilize the electronic checkout system of the hotel found on the TV in some lodgings. You can view your bill, approve it, and reduce paperwork.

Give suggestions to the hotel on other ways they can reduce, reuse, recycle, and conserve the resources of our sister, Mother Earth.

May we seek in our day-to-day actions to live out our Franciscan lifestyle by reducing, reusing, recycling, and conserving the goods of our sister, Mother Earth.