

YOUR OCEAN ADVENTURE SUMMER CHECKLIST

Welcome to your guide to making the most of your summer by the sea — responsibly. This checklist has simple but impactful actions you can take before and during your summer ocean adventures to minimize your environmental impact and be part of caring for our beautiful oceans.

BEFORE YOU GO

- ☐ Avoid single-use plastic consumption! Pack reusable water bottles, shopping bags, utensils, and containers for use throughout your trip.
- ☐ Pack reef-safe mineral sunscreens rather than chemical sunscreens, which can harm coral reefs and marine life.
- ☐ Look for eco-certification when booking accommodations. Keep an eye out for signs about adhering to strict environmental standards like LEED, Green Key, or EarthCheck certifications.
- ☐ Opt for sustainable transportation options when possible. Choose direct flights when possible. On your trip, opt for public transportation or bikes to get around.
- ☐ Do your research! Ahead of your trip, look into marine protected areas and conservation efforts at your destination to know how to responsibly engage while there.

DURING YOUR TRIP

- ☐ Stay on the designated paths. This will help avoid disrupting dune vegetation and wildlife habitats.
- ☐ Follow proper snorkeling and diving etiquette. Don't touch coral or stir up sediment.
- ☐ Respect marine life and habitats. Avoid touching or disturbing wildlife, and do not feed the wildlife.
- ☐ Leave no trace. Always clean up after yourself, carry out any trash, and deposit it responsibly. Do not take with you any natural objects like shells or rocks.
- ☐ Take part in beach clean-up projects or do your own! Start your beach visit with a quick 5-minute clean-up session.
- ☐ Choose eco-conscious tour operators for boat trips, snorkeling, and diving. Make sure your gear is properly secured while out on the ocean to avoid anything falling into the water.
- ☐ Opt for locally owned restaurants serving sustainable seafood. This helps protect marine populations from overfishing and supports responsible fishing practices.

LOOKING FOR MORE WAYS TO PROTECT THE OCEAN?

Make a donation to support Oceana's critical work to defend marine habitats. Your gift will help ensure our oceans remain vibrant and full of life for generations to come.

[OCEANA.ORG/DONATE](https://oceana.org/donate)