



International
Olympic
Committee



50
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BE A MOUNTAIN HERO!

THE MOUNTAIN ENVIRONMENTS WE
LOVE ARE IN DANGER. LEARN WHAT
TO DO AGAINST CLIMATE CHANGE,
BIODIVERSITY LOSS AND POLLUTION.

10

SIMPLE STEPS
YOU CAN TAKE TO
PROTECT OUR
MOUNTAINS

BEFORE YOU GO

1



CHOOSE A GREENER RESORT

Research accommodation options
with strong environmental policies.

CHOOSE BETTER CLOTHING AND SPORTS EQUIPMENT

Look for sustainably made clothing and
equipment and repair wherever possible.

2

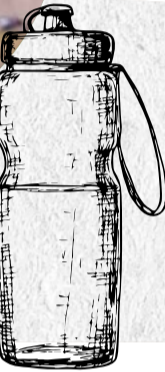


3



MAKE IT REUSABLE

Try to make your whole trip
free of single-use plastics.



GETTING THERE

4



SHRINK YOUR TRAVEL FOOTPRINT

Opt for public transport
or car sharing wherever possible.

IN THE MOUNTAINS

5



STAY ON ROUTE

Stick to marked trails
and established campsites
to respect wildlife.

6



TAKE NOTHING BUT PHOTOS

Nature looks better on
the mountain than in
your living room.

7



LEAVE NO TRACE BEHIND

Take all your
food and
rubbish home
with you.

8



KEEP THE WATER CLEAN

Don't use detergent or shampoo
in rivers or lakes.

9



BUY BETTER, BUY LOCAL

Support small businesses and
mountain communities.

10



SPEAK UP FOR MOUNTAINS

Use your voice to encourage
positive change.



TOGETHER WE CAN PROTECT MOUNTAINS FOR OURSELVES AND FOR FUTURE GENERATIONS TO ENJOY!