



International Olympic Committee



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.

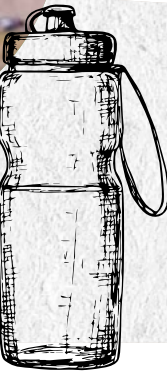


3



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!