



# Transport Checklist

## Easy

- Replace car trip(s) with public transport once a week
- Replace a face to face meeting with a virtual meeting
- Walk to shops with a trolley once a week
- Travel with minimal luggage on aeroplanes to reduce weight
- Replace an overseas flight holiday with an Australian adventure to reduce your flight miles
- Less home delivery
- Replace an imported item you regularly buy with one produced locally to reduce transport needs

## Moderate

- Carpool
- Be brave enough to suggest a virtual meeting at work if face-to-face is not necessary. You are probably not the only one thinking it!
- Replace car trip(s) with walking every week
- Ride your bike to and from school/work
- Do your weekly shopping considering the food miles of each item ie buy local!
- Plan meals and shopping lists ahead: do food-shopping less frequently (if driving)
- Replace an Australian flight holiday with a road trip
- Pay for carbon offsets if you do fly
- Choose a climate aware airline if you do fly
- Next time you buy a car upgrade to a more fuel-efficient model/electric/hybrid

## Difficult

- Use community carshare scheme rather than purchasing a first/second car

## Hero Actions

- Replace school/uni/work car transport completely with walking, cycling, and public transport
- Organise a neighbourhood get-together and find people to carpool with