

National Conference **Green Initiative**

Before leaving for the National Conference

- Turn off or unplug all appliances in your home; some appliances can pull up to 40 watts per hour even if turned off.
- Turn down the temperature of the thermostat and water heaters.
- Temporarily interrupt your newspaper service.

While traveling to and from the National Conference

- Choose an electronic ticket rather than a paper ticket.
- Download your travel guide, maps, boarding pass, and itinerary onto your handheld device instead of printing them.
- Recycle your materials in appropriate bins at the airport.

While at the National Conference

- When leaving your hotel room, turn off all lights and appliances, and turn down the heat or A/C.
- Shut off water while brushing your teeth.
- Bring your own toiletries.
- Reuse your sheets and towels instead of having them changed every day.
- Share a cab if possible.
- Recycle your materials in appropriate bins.
- Turn off laptop when not in use.
- Recycle handouts you don't need in the appropriate bins.
- Use reusable water bottles instead of disposable bottles.

Got more ideas? Share them with us! Email conference@ncchc.org.



Fast Fact!

According to a study by Professional Convention Management Association, If a hotel changes sheets and towels on request (rather than daily), the hotel not only saves money and energy it can save 200 barrels of oil (saved per week on the new regime) which is enough to run a family car for 180,000 miles.

Adapted from the American Academy of Dermatology GreenTravel.pdf