



International Olympic Committee



50 1972-2022

# BE A MOUNTAIN HERO!

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



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SIMPLE STEPS YOU CAN TAKE TO PROTECT OUR MOUNTAINS

## BEFORE YOU GO

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### 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.

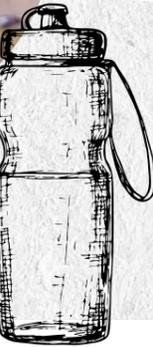


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### MAKE IT REUSABLE

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

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### 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!