EDF
ENVIRONMENTAL DEFENSE FUND®

Finding the ways that work

EDF cannot endorse or recommend any particular emissions calculator, emissions reduction project or provider. This document will be reviewed and updated to reflect changes in the available information and policy context.

FOR DESKTOP USE

OPEN IN CHROME OR ACROBAT

How to mitigate your travel carbon footprint

Our travel leaves a trail of greenhouse gas footprints.

Fortunately, you can lighten your travel impacts on the climate in three simple steps:

1
Reduce
WHAT YOU CAN

2
Calculate
WHAT YOU CAN'T REDUCE

3
Offset
CALCULATED TOTAL tCO$_2$/e*
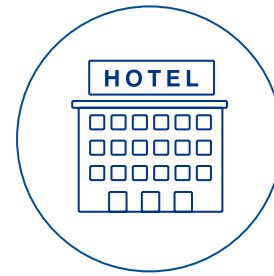
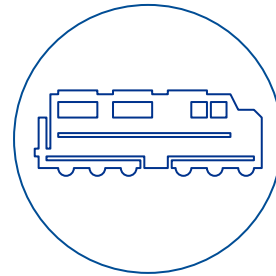* see footnote on page 4

1 Reduce WHAT YOU CAN

- Avoid travel through **video conferencing**.

- Choose **trains** over planes.

- Choose a carrier that uses **fuel-efficient** planes or vehicles.

- Use **ride-sharing**.

- Stay in **LEED-certified** hotels.

- Use vendors that **monitor and mitigate** their greenhouse gas emissions.

(2) Calculate WHAT YOU CAN'T REDUCE

- In the following pages, enter the estimated number of your **flights**, **car miles**, **rail trips** and **hotel stays** *per year*.

- The subtotal emissions for each category, along with TOTAL tCO_2/e, will be **automatically calculated**.

★ **Explanation of Carbon Footprint Terms:** The carbon dioxide equivalence (tCO_2e) with a 100-year time horizon (CO_2e-100) is used for emissions estimates when non-CO_2 pollutants are included in addition to CO_2. For shorthand purposes we use the abbreviation CO_2e. Non-CO_2 emissions for air travel are mostly nitrogen oxide emissions from aircraft flying over 9,000 meters. The emissions factors employed for air travel are provided by our source using an average Radiative Forcing Index of approximately 2.7. Non-CO_2 emissions for hotel stays include N_2O and CH_4. We note that the inclusion of non-CO_2 emissions undervalues their potency in the near-term, and that alternatively using a GWP-20/CO_2e-20 would undervalue CO_2's potency in the long-term. Given that the majority of emissions reported here are CO_2, a 100-year time horizon is reasonable for this assessment.

Air travel

Emissions factors are based on atmosfair, EPA 2020, U.S. DOT Alternative Fuels Data Center and DEFRA 2020.

▼ **ENTER NO. OF ROUND TRIP FLIGHTS PER YEAR** ▼

FLIGHT TIME	ECONOMY	PREMIUM	BUSINESS	FIRST CLASS	PRIVATE 2 people / jet		SUBTOTAL tCO$_2$e
Short < 2 hrs e.g. New York-Boston						tCO$_2$e	
Medium 2-4 hrs e.g. New York-Chicago						tCO$_2$e	
Long 4-8 hrs e.g. New York-San Francisco						tCO$_2$e	
Extended 8+ hrs e.g. New York-Beijing						tCO$_2$e	

Air total tCO$_2$e	Car total tCO$_2$	Rail total tCO$_2$	Hotel total tCO$_2$e

U.S.-based

Car travel

Emissions factors are based on atmosfair, EPA 2020, U.S. DOT Alternative Fuels Data Center and DEFRA 2020.

▼ **ENTER NO. OF MILES PER YEAR** ▼

| CAR TYPE	AVG PER YEAR = 13,000	SUBTOTAL tCO2
Battery Electric (BEV) e.g. Tesla, Nissan Leaf (~111 MPGe)		
Hybrid Electric (HEV) e.g. Toyota Prius, Ford Fusion Energi (~52 MPG)		
Plug-in Hybrid Electric (PHEV) e.g. Toyota Prius Prime, Chevrolet Volt (~48 MPG)		
Compact or Mid-Size e.g. Honda Civic, BMW 3/5 Series (~31 MPG)		
Full-Size or Standard SUV e.g. Chrysler 300, Toyota Land Cruiser (~20 MPG)		

Air total tCO2e   **Car total tCO2**   Rail total tCO2   Hotel total tCO2e
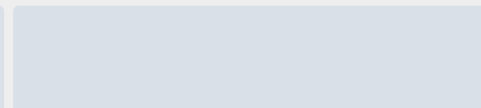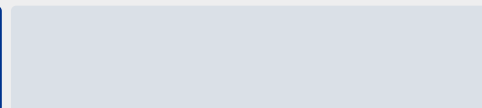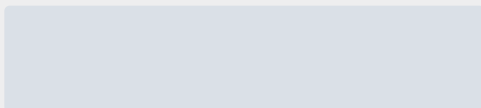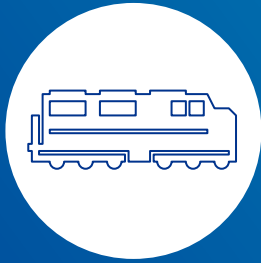
U.S.-based

Rail travel

Emissions factors are based on atmosfair, EPA 2020, U.S. DOT Alternative Fuels Data Center and DEFRA 2020.

| AVG ROUNDTRIP MILEAGE (RAIL TYPE)	▼ ENTER NO. OF ROUND TRIPS PER YEAR ▼	SUBTOTAL tCO$_2$
55 miles (commuter) e.g. MARC (Odenton-Union Station) Caltrain (Redwood City-San Francisco) Metro-North (White Plains/Greenwich-Grand Central)		
100 miles (intercity Amtrak) e.g. New York-Princeton, San Francisco-Napa		
200 miles (intercity Amtrak) e.g. New York-Philadelphia, San Francisco-Sacramento		
400 miles (intercity Amtrak) e.g. New York-D.C., New York-Boston		

Air total tCO$_2$e

Car total tCO$_2$

Rail total tCO$_2$
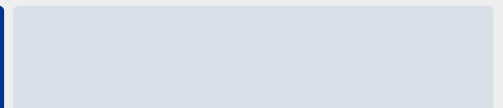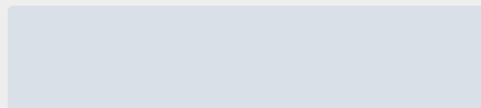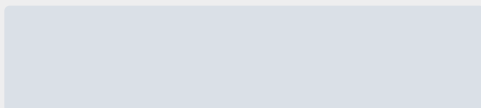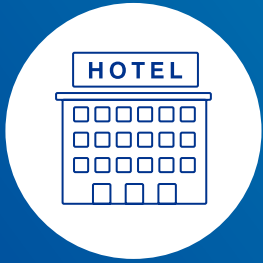
Hotel total tCO$_2$e

U.S.-based
Hotel stays

Emissions factors are based on atmosfair, EPA 2020, U.S. DOT Alternative Fuels Data Center and DEFRA 2020.

ENTER NO. OF OVERNIGHT ▼ STAYS PER YEAR ▼

TOTAL tCO₂e

Includes energy consumption, laundry, refrigerants and mobile fuel (if applicable)
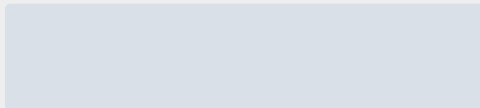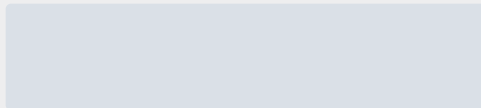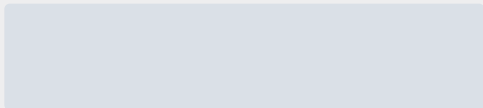
U.S. ONLY

Air total tCO₂e

Car total tCO₂

Rail total tCO₂

Hotel total tCO₂e

Total travel tCO$_2$/e FOR ONE YEAR

Use total below to see how many carbon credits
it would take to mitigate your travel.

Learn how to offset your total travel tCO$_2$/e
in Step 3 on the next page.

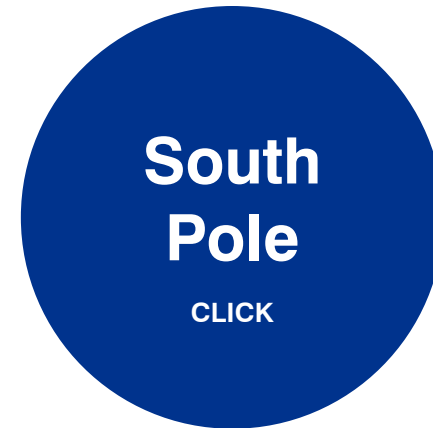| Air total tCO$_2$e	Car total tCO$_2$	Rail total tCO$_2$	Hotel total tCO$_2$e

3 Offset YOUR CALCULATED TOTAL tCO$_2$/e

You can reduce your own climate impact by supporting emissions reduction projects like these:

Carbon Fund

CLICK

Carbon Footprint

CLICK

South Pole

CLICK

Learn more about what EDF is doing internally to reduce its footprint.