## NOMB SURF GUIDE TO MORE CONSCIOUS SURFING



Surfing is fun. And caring can be, too. This guide aims to inspire to care: being aware of our impact and real actions that protect the places we surf, travel, and love. No preachy vibes, just honest tips to help us all surf more consciously.

## **Conscious Surfing Practices**

- Use eco-friendly or durable surf gear
- Repair instead of replace
- Choose reef-safe sunscreen
- Use biodegradable shampoo, lotions etc
- Learn & follow surf etiquette
- Don't trample dunes or disturb wildlife, stay on path
- If nature calls in nature: bury it deep, far from trails & water, and take your wipes with you
- Leave every place better than you found it—pick up trash, even if it's not yours
- Join or support local beach clean-ups

## **Conscious Surftravel Practices**

- Respect local cultures—
  adapt to them, don't expect
  them to adapt to you
- Learn a few local words
- Offset your carbon footprint
- Travel less often, but stay longer
- Pack light, everything into your boardbag
- Stay with local hosts, guesthouses, or eco-lodges
- Avoid the big booking platforms when possible
- Eat what's local and in season
- Support small shops and markets over chains
- Be mindful of sacred or sensitive spaces
- Respect the local surf hierarchy—traveling surfers are guests in the lineup
- Use public transport or rideshare where possible
- Travel slow & mindfull

Let's keep surfing fun, respectful, and future-friendly—for everyone and everything.