

Common considerations and their impact

	Sustainability	Traveler Wellness	Company Cost
Reduce flight connections	Win Reducing flight connections reduces emissions emitted.	Win Traveler generally has a smoother journey with less stops.	Lose Flight typically costs more with fewer connections.
Reduce travel days	Win The less days spent traveling, the lower the carbon footprint.	Depends on traveler's objectives.	Win Company spends less money on shorter trips.
Red eye flight	Win Time is reduced for overall trip.	Lose Not an ideal time to fly.	Win Not paying extra night for hotel.
Early morning/late departure	Win Time is reduced for overall trip.	Lose Not always the ideal time to fly.	Win Less cost for overall trip.
Fly economy class	Win A lot of carbon calculators look at how much space is being occupied on plane. Economy takes up less space.	Lose Traveler is not traveling in a better seat.	Win Economy is a more affordable option.
Fly business class	Lose The inverse of economy class in that more space is being used.	Win Traveler is traveling in a better seat.	Lose Business is a more expensive option.

	Sustainability	Traveler Wellness	Company Cost
Stay at "Green" hotel	Win It is a more sustainable option.	Unknown Depends on circumstances of traveler (e.g. if hotel is close or far from where traveler needs to be).	Unknown Depends on price of hotel.
Combined trips / Consecutive travel days	Win Carbon footprint is generally less.	Lose Traveler may have to go city to city in a short timeframe.	Win Keeping travel and cost down.
Take rail instead of air	Win Rail is a more sustainable option.	Lose Rail generally takes longer.	Win Cost is typically lower than air options.
Stay in smaller hotel room	Win Energy used is lower.	Lose Travelers tend to prefer more space.	Win Smaller hotel rooms are typically cheaper.
Compact/Economy car rentals	Win Less carbon emissions used.	Lose Travelers sometimes prefer larger vehicle.	Win Economy car rentals are typically cheaper.
Ride share vs car rental	Depends on circumstance.	Depends on circumstance.	Depends on circumstance.
Private jet	Lose More carbon emissions emitted.	Win Who wouldn't want to fly on a private jet?	Lose Expensive transportation option.