

Traveling Lightly: Climate-Friendly Tips for Your Stay



Nassau's reefs, mangroves, and beaches are part of what makes a stay here worth remembering. A few small choices during your visit help keep them healthy for the locals, the sea turtles, and for you on your next visit! Here's how to travel a little lighter while you're with us.

Choose reef-safe sun care

Many sunscreens contain oxybenzone and octinoxate, chemicals linked to coral bleaching. Pack a mineral-based sunscreen (look for zinc oxide or titanium dioxide) before you arrive, or pick one up at the resort's gift shop, which stocks reef-safe options.

Skip the daily linen change

Housekeeping will refresh your towels and sheets on request rather than automatically. Hang a towel back on the rack if you're happy to reuse it, and set the card on your bed if you'd rather have fresh linens. It's a small habit that adds up to real water and energy savings across thousands of rooms.

Mind the air conditioning

Set your thermostat a few degrees higher than you might at home and switch it off when you head out for the day. Baha Mar's rooms cool down fast, so there's little upside to leaving the unit running over an empty room.

Walk, bike, or take the shuttle

Cable Beach, and downtown Nassau are reachable without a rental car. The resort's shuttle runs between the main property and golf course, and there are attractions like Hobby Horse Pond within walking distance for you to enjoy.

Say no to single-use plastic

Refill stations are placed throughout the resort, so bring a reusable bottle rather than relying on bottled water. At the pool and beach bars, ask for your drink without a straw, or request one of the biodegradable straws on hand.

Keep your distance from marine life

If you snorkel or dive nearby, avoid touching coral or standing on the reef, since even a light touch can damage coral that took decades to grow. Keep a respectful distance from turtles, rays, and other wildlife you may encounter.

Eat and shop local

Restaurants across the resort feature Bahamian seafood and produce sourced from local fishers and farmers. Choosing these dishes, and picking up gifts from Bahamian artisans in the Baha Mar shops, keeps more of your visit's impact within the community you're visiting.