NUTRITION FOR TRAVEL

Travel is necessary during competition season for many athletes, but being out of your everyday routine can make it difficult to meet your nutritional goals. Whether you are travelling by plane, bus, or car there are certain steps you can take to ensure you arrive ready to compete at your best.

On the road 🚗
- Pack healthy meals and snacks to avoid relying on fast food outlets. See the Snack Food and Eating out information sheets for more ideas.
- Plan ahead! If you will arrive at your destination shortly before competition, you will need to pack your pre-event meal and eat it on the road.
- Keep foods which spoil quickly (meats, dairy, fish etc.) in a cooler to reduce risk of food spoilage.
- Remember to bring at least one water bottle
- Check if your accommodation has any food preparation facilities i.e. Kitchen, fridge, microwave? You may need to bring some simple kitchen essentials with you – chopping board, sharp knives, cutlery, microwave proof Tupperware, zip lock bag
- Stop at a grocery store to stock up for the weekend. See the Snack Food information sheet for more ideas.
- The following brands make some healthier microwave meals: Paté’ (vegetarian), Vij’s (frozen curries), Presidents Choice Splendido Risottos, Amy’s soups and curries. Add veggies to all of these to boost the antioxidant content (peas and spinach work well).

Air travel ✈️

Hand Baggage
Bring your own snacks or buy food in the departure lounge as food options on the airline may not be sufficient in quantity or nutritional value to suit your diet.
Suitable foods you may find at the departure lounge are:
- Whole grain sandwich
- Sushi or salad box
- Trail mix, nuts, chickpeas
- Fresh and dried fruit
- Veggie sticks / pretzels and hummus
- Tuna and crackers
- Granola bars
- Bircher muesli / overnight oats
- Yogurt or smoothie

Packed Baggage 📦
Be prepared in case the food at your destination does not provide what you need to meet your nutrition requirements.
The following foods do not spoil quickly:
- Sports bars – carbohydrate and protein bars e.g. Clif bars, Powerbars, Larabars
- Tested protein powder
- Oatmeal/high fibre cereal
- Trail mix
- Dried fruit
- Nut butters

Travel Checklist:
- Water bottle
- Electrolyte tablets
- Sports foods if needed
- Healthy snacks
- Compression socks
- Ear plugs, eye mask, and/or neck pillow
Once Through Security
Bring an empty water bottle through security and fill prior to departing. Bring some sugar free electrolyte tablets e.g. Nuun, Gu sachets to stay hydrated on long journeys and ask for extra water on the plane.

Arrival
- Fill your water bottle
- Adjust your meal pattern to your new destination as quickly as possible
- Exposure to light is the best way to keep yourself awake. Go for a walk or seek a brightly lit area if you are trying to stay awake until 30 minutes before bedtime.
- If you are struggling with a time change, caffeine in coffee will help you stay awake. But do not drink within 5 hours of the time at which you want to sleep
- Keep water beside your bed at night

General travel tips
1. While travelling, you may need to eat less than you do on normal training days due to decreased activity so be mindful of reducing your portion sizes if necessary.
2. Pack hand sanitizer and use before each eating occasion.
3. Long hours of inactivity while travelling can lead to constipation. Remember to drink plenty of fluids and eat fibre-rich foods. Drink lots of water.
4. Bring ear plugs, an eye mask, and/or a neck pillow to get the best sleep possible.
5. Wear compression socks during long car / bus journeys and flights.
6. Stop using light emitting technology (laptop, iPhone etc.) at least 30 minutes before you go to bed. Change the settings on your phone to reduce your exposure to blue light and download software on your laptop: https://justgetflux.com/.

**Please speak with your Sports Dietitian for further information**