



THE UNITED STATES OLYMPIC COMMITTEE

Planning for Travel

Coping effectively with travel takes preparation and planning. How much you need to prepare and take with you will depend on a number of factors including where and how far you are traveling. Consider the following strategies to help develop a travel nutrition plan:

Before Leaving:

- Familiarize yourself with the flight itinerary, flight time, and meals served on board
- Identify training and competition environment (humidity, temperature, elevation)
- Identify food availability (regional foods, supermarkets), and food safety concerns (water and food contamination)
- Pack a food bag to supplement destination food – prioritize nutrients less available, pack 1-2 water bottles, sport foods
- Consume foods rich in probiotics at least 2 weeks before leaving to increase immunity (e.g. yogurt, kefir)
- Bring eye mask, ear plugs, compression garments, hand sanitizer and plane snacks



During Travel:

- Maintain optimal hydration by drinking small amounts of fluid regularly. Choose water or milk. Add electrolytes to help ensure optimal absorption of water (do not limit fluid intake to prevent using the restroom!)
- Bring entertainment to prevent eating from boredom, plan meal/snack times to avoid continuous eating, walk around, stretch

At Destination:

- Aim to eat as similarly as you do at home – bring snacks for between meals, eat on new time zone, choose sensibly at buffets
- Alter meal and snack size according to changes in training volume

KEY POINTS

- Planning and preparation is the key to success when traveling
- Jet lag and long flights can compromise performance. Stay on top of nutrition needs by keeping well-hydrated and eating properly

Travel and Training Meals and Snacks

Carbohydrate Sources

- Pre-cooked or instant rice, noodles, couscous, quinoa, or pre-cooked lentils
- Instant oatmeal, cream of wheat
- Granola, muesli (higher fiber options)
- Shelf-stable bread
- Instant mashed potatoes
- Granola bars, sports bars, fig bars
- Snack crackers (graham, rice cakes, wheat)
- Fruit snacks (dried, dehydrated, leathers)
- Instant soup mixes
- Instant breakfast or meal replacement powder
- Dried veggies (peas, beans)
- Pureed fruit and veggie packets
- Powdered sports drink, gels, gummies

Protein Sources

- Tuna, salmon, chicken packets
- Tofu (shelf stable)
- Mountain meals
- Jerky (turkey, beef, bison, lamb, salmon)
- Edamame, chickpea packets
- Peanut or almond butter
- Dried hummus mix
- Nuts and seeds
- Non-fat dry milk
- Recovery drink mix
- Protein powder (whey, soy) – NSF certified
- Protein bars

**Note: some foods require equipment to prepare (e.g. hot pot, electric kettle) or spices/seasonings*

Traveling internationally?

- Check flight arrival and departure times as well as layovers in order to plan when you will eat
- Order any special meals on flight (e.g. vegetarian, low-sodium) at least 48 hours in advance
- Check arrival country customs regulations for foods that can be transported into the country
- Familiarize yourself with food safety for the destination country
- Take nutritious snacks on board and don't be shy in asking for extra snacks and water
- Consider taking a probiotic 2 weeks prior to departure to support immune function – consult a dietitian for recommendations

Precautions when traveling:

High risk areas like Asia, South America, the Middle East, and Eastern Europe

- *Drink bottled, boiled, or carbonated beverages*
- *Avoid ice cubes & juices diluted with tap water*
- *Avoid brushing teeth & washing dishes with tap water*
- *Make sure food is fully cooked and served hot*
- *Ensure dairy products have been pasteurized & are served cold*
- *Avoid raw foods like sushi*
- *Do not eat or drink items from street vendors*
- *Avoid raw fruit and salad / veggies unless you can peel them*
- *Reduce your meat and chicken intake if in China or Mexico (potential clenbuterol contamination)*

Athlete Recommendations: