



Take a supply of your own portable non perishable snacks to help replace options that may not be available at your destination. This also allows regular availability as compared to having to ask management and rely on options you may dislike or not tolerate well.



Keep in mind baggage weight restriction's, quarantine laws and local customs that may limit the quantity of your supplies (see table for ideas of travelling ideas for snacks).



Don't eat just because you are bored on flight, eat according to your needs, taking into account the enforced rest while you are travelling.



When moving to a new time zone, adopt eating patterns that suit your destination as soon as the trip starts, this will help your body clock adapt as soon as possible.



Recognise unseen fluid losses in air conditioned vehicles and pressurised plane cabins, drink regularly and bring your own drink bottle. Follow a regular intake that neither overhydrates you nor dehydrates you.



Find out if the local water is safe to drink, otherwise stick to sealed bottles, or hot drinks made from well boiled water. Remember that ice added to drinks is often made from tap water and may be a problem.



In high risk environments, eat only at good hotels or well-known restaurant's. Avoid food from local stalls and markets at least until after your competition. In these environments stick to food that has been well cooked. It's best to avoid salads or unpeeled fruit that has been in contact with local water or soil.

Non Perishable food options for the travelling athlete

- Liquid meal supplements: In tetra packs if you can manage or in powdered versions if you need to conserve space and weight
- Breakfast cereals and powdered low fat milk
- Dried fruit and trail mixes
- Snack packs of canned fruit
- Quick cooking noodle and pasta varieties
- Baked beans
- Muesli bars
- Crackers or rice cakes
- Individual packets of condiments - Jam, honey, vegemite / marmite
- General multi vitamin, especially if you are unsure about the consistency and quality of food intake

See reverse page for specific product choices

Shopping list for non perishable snacks



Long lasting flavoured milks



Powdered meal replacement
Available at pharmacies or online pharmacy



Powdered trim milk



Healthy muesli bar options



Healthy crackers



Canned lean meat



Creamed rice



Baked beans / spaghetti



Low fat instant noodles



Individual dried fruit packs



Quick pasta snacks