

Travel Packs

As an athlete training and competing away from home is part of the “game.” Athletes often find themselves on buses, in airplanes/airports, at tournaments, stuck at school/work, or between games with limited food options. Instead of relying on the possibility of a less-than-ideal eating environment, plan ahead. Making a travel pack ensures that you will remain well-fueled in any situation and always be ready to train and compete. Here are some things to think about...

- 🔑 At the beginning of each week, stock your locker and your gym bag with non-perishable snacks that can help supplement a sub-par school lunch or serve as a pre- or post-workout snack
- 🔑 If you have a competition, bring your favorite pre-competition snack or meal with you.
- 🔑 For weekend events, pack a cooler with nutritious food that you know you like to keep you going throughout the competition.
- 🔑 Remember that both sport foods and whole foods can do the trick. Consider packing a combination.

Non-Perishables:

- ✓Pretzels
- ✓Crackers
- ✓Dried fruit
- ✓Whole fruit (i.e., apples, bananas, peaches, oranges)
- ✓Nuts
- ✓Nut butter packs
- ✓Trail mix
- ✓Granola bars
- ✓Sport Foods
 - ✓Sport bars
 - ✓Recovery & Sport drink mixes
 - ✓Gels, bloks
- ✓Soup Mixes
- ✓Popcorn
- ✓Applesauce
- ✓Instant Oatmeal
- ✓Tuna / Salmon (foil packs)
- ✓Fruit leather
- ✓Graham crackers
- ✓Peanut Butter Sandwiches
- ✓UHT Milk (individual cartons)



Have a cooler?

- ✓Yogurt
- ✓String Cheese
- ✓Cut fruit
- ✓Cut veggies with hummus
- ✓Milk
- ✓Cottage cheese
- ✓Pasta Salad
- ✓Deli Sandwiches
- ✓Smoothies