



### Travel

Travel is a part of life for many athletes but it can provide many challenges when it comes to food and nutrition. Preparation is the key to success!!

Travelling for competition can often create a holiday atmosphere, pushing good nutrition to one side. For an athlete, the goal is to meet all your nutrient needs for training and competition despite the challenges presented from travelling.

Some tips for travelling:

- Take food that can fit in your bag/suitcase with you to get you through the couple of days. For example; protein powder, muesli bars, muesli or oats, dried fruit/nuts.
- Take snacks for the car/plane.
- When you arrive, find out where the local supermarket is so you can pick up what you need.
- If you have a kitchen with limited facilities, utilize foods such as; microwavable rice, pre cooked meats and frozen vegetables
- It can be hard not having a pantry stocked full of food like at home to go to but ensure you stock up on food/snacks so as you don't risk not fuelling and recovering properly.
- If you are provided with a buffet, be careful not to over eat.

If you're travelling away from home this weekend, ensure you fuel for success.

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