

An Athlete's Guide to Travel

COMBATING ILLNESS AND JETLAG

Pre-Travel Planning



Research the
destination

- ☒ What shops are available?
- ☒ What food is there?
- ☒ Are there food safety risks?
- ☒ Is the water safe to drink?
- ☒ Is it far from the accommodation to competition/training venue?



Fatigue
Reduced Performance
Poor Sleep
Upset Stomach
Aches + Pains

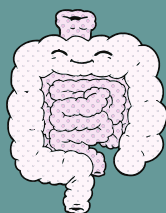


Pre-Travel Immune Essentials



ENERGY INTAKE

Ensure you are eating enough food to fuel training and recovery in the lead up to travel



PROBIOTICS

Include 1 Yakult, Actimel, Alflorex or batch-tested probiotic per day in the weeks leading up to travel



ZINC + VIT C LOZENGE

Pack batch-tested zinc + vitamin C lozenges



Look for
Informed
Sport
approved
supplements

In-Flight Travel Pack

- ☒ Minimum 1L water
- ☒ Mini dilute bottle (e.g. MiWadi mini)
- ☒ Hand sanitizer
- ☒ Snacks - cereal bars, popcorn, dried fruit + nuts
- ☒ Earplugs
- ☒ Eye mask
- ☒ Flight socks

NOTE: Airlines may provide complimentary items, but here's what you should pack!



In-Flight Tips



SET YOUR WATCH

Change your watch to the final destination time. Switch your sleeping and eating schedule to match.



DRINK UP

Try drink 1 cup per hour in-flight. Aim for pale, odourless urine.
AVOID: Caffeinated drinks and alcohol



GET MOBILE

Stand, stretch and move during the flight. Use stopovers to walk around the terminal.

Arrival Tips

- ☒ Increase fluid intake in hotter countries
- ☒ Dilute isotonic to help absorb more
- ☒ Sleep at your normal time
- ☒ Choose higher carb meals to help sleep
- ☒ Avoid high-fat food at dinner
- ☒ Avoid tea and coffee

