

FACT SHEET 3 GLASGOW SCHOOL OF SPORT SPORT TRAVEL PLANNER



Tips for Short Distance Travel

- **Take responsibility** by taking your own healthy snacks & drinks with you for a journey rather than relying on roadside cafes or service stations.
- Don't confuse boredom with hunger when travelling or you will overeat
- If you eat in restaurants, ask for extra bread, larger portions of pasta or steamed rice to achieve your carbohydrate intake rather than foods higher in fat such as chips and deep fried foods. If unlimited food is available at an event, choose healthy options and do not overeat.

Tips for Long Haul Travel

- Remember to inform the airline of any special dietary requirements (at meal times ask if it is possible for extra bread or rolls for carbohydrate)
- Check body weight: this is your baseline weight
- **2-3 days before travelling ensure good baseline hydration: min. 3 litres fluid /day**
- **Aim to pee every 1-2h clear coloured urine:** sign of good hydration status
- Arrive @ airport early so that you can request and aisle seat so that you have more room and are able to get up to walk about (i.e. to the toilet)
- Take a **1-litre size sports water bottle** or buy a 1-litre mineral water bottle. Drinks on planes are too small and infrequent for your requirements.
- Aim to drink **1 litre fluid per hour on the plane** (approx 250mls every 20 minutes) to prevent dehydration. Planes humidity is high (10-15%) which encourages sweating.
- **Avoid alcohol & limit tea/coffee to 1-2 cups/flight:** they can exacerbate dehydration.

- Set your watch to local time as soon as you are on the plane
- Follow in flight exercise recommendations
- Take books, music, magazines to avoid boredom eating (If hungry use snacks list)

Arrival @ Warmer destination after Long Haul Travel

- Eat a high carbohydrate snack before bedtime. It increases brain serotonin, which may help you, sleep.

FLUIDS – if you are thirsty you are already dehydrated

- As soon as possible **check your weight** to ensure that you have not lost weight from your baseline weight
- If weight loss has occurred replace fluid: **0.5kg bodyweight loss = 500ml extra fluid required or 1g weight loss = 1ml extra fluid required.**
- Acclimatization to warmer weather can take 7-10 days so regular weight checks during the day, especially pre/post training & competition are essential to minimise dehydration. At 30 degree Celsius approx fluid intake 4-5 litres/d.
- **During training/competition aim for 150-200ml every 20mins**
Isotonic fluids or diluted isotonic drinks – the sodium and glucose aids fluid re-absorption better than water alone (Avoid carbonated drinks: delay fluid absorption into your blood system)
- Cooler fluids are more quickly absorbed (**add a few ice cubes to sports bottles**)
- Post exercise replace fluid losses within 60minutes (**i.e.0.5kg bodyweight loss = 500ml extra fluid & extra 50 % = 250ml, Therefore Total = 750ml**)
- **Avoid alcohol for 36h post muscle injury occurs – can impair recovery.**
- Avoid sunburn, use sunscreen & wear a hat to minimise dehydration
- **Remember: 1-2 kg fluid lost can affect your performance by 5-10%**

Nutritious "On the Road" Snacks and Fluids

Fruit	<p>Fresh Fruit (Bananas, Apples, oranges etc.)</p> <p>Tinned Fruit (try small tins with ring pull top or plastic pots of fruit)</p> <p>Dried Fruit e.g. apricots, sultanas (various small packs available)</p> <p>Cartons of fruit juice (avoid fresh cartons from chiller cabinets)</p> <p>Fruit Bars</p> <p>Cereal Bars (Fruit & Fibre Bars, Special K Bars, Geobars)</p>
Cereals	<p>Breakfast cereal</p> <p>Sandwiches, bread rolls,</p> <p>Fruit Bread, Malt Loaf, Fruit Buns, Fruit Scones, Teacakes</p> <p>Rice Crackers, Cracker type biscuits.</p>
Desert	<p>Ambrosia low fat custard or rice pots (choose off the shelf as UHT), Jelly</p>
Crisps	<p>Low fat crisps: Snack a Jacks, Thai Bites, Walker Lites, Quavers, Wotsits.</p>
Confectionary	<p>Jelly Beans (Rowntrees Mega Beans, Bursting Bugs), Jelly Babies, Fruit gums</p>
Drinks	<p>Drinks: Water, Diet Coke, Irn Bru, Flavoured low fat milks (UHT)</p>
Sports Drinks	<p>Sports Drinks: Hypotonic or Isotonic (Lucozade Sport, Powerade, Gatorade)</p>

SAFE EATING & DRINKING PRACTICES

Water	<p>Check whether local water supply safe to drink/brush teeth with</p> <p>If unsafe, drink bottled water (check seal unbroken).</p> <p>Avoid ice in drinks & foods washed in local water.</p>
Raw Food	<p>Avoid raw uncooked food e.g. shellfish (prawns), unpeeled fruit, veg and salads</p>
Local Stalls	<p>Avoid buying food from local stalls and markets where hygiene may be poor.</p>
Cooking	<p>Avoid undercooked meat, unpasteurized milk products;</p>

Methods	look for food that is well cooked and served hot. Avoid food from buffets that is not served very hot or chilled or which has been sitting for periods of time.
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TRAVEL CHECKLIST	TICK ✓
Spare Snacks & Fluids in Rucksack for plane (See Nutritious snacks list)	
Plastic Sandwich type box to store snacks	
Cutlery: Teaspoon, Penknife, Bottle opener	
Large Water Bottle or Sports Drink Bottle for Plane (1 litre size)	
Take a couple of sports drinks bottles	
Know your baseline weight	
Check hotel or place of training has weighing scales available	
Take this Information sheet	