



## Travel Packs: Perishable and Non-Perishable Foods



Traveling for tournaments or competition is part of all athletes' lives. Success in sport depends on many factors, including strength, skill, mental readiness, adequate sleep, and proper nutrition. It is important to adjust everything from eating and fueling, to training and competition. It is also essential to plan ahead for a one-time competition or an all-day event. Whether you focus on a single athletic event with minimal travel or get on a bus or plane for an out-of-state or international competition, here are some general recommendations to ensure you are ready to do well at your destination.

- 1** *Plan ahead and get organized.*
- 2** *While traveling, don't confuse boredom with hunger.*
- 3** *Do your research to identify shopping and eating options at your travel destination.*
- 4** *If you plan on eating out, check out local food listings, such as local harvest and Edible Communities.*
- 5** *Always carry a water bottle and stay hydrated.*

TrueTalk is inspired by the values and principles of TrueSport - an initiative powered the U.S. Anti-Doping Agency to change the culture of youth sport.



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# What to pack **Perishables**

## PERISHABLES (Cooler Needed)

### Scenario 1 ALL-DAY EVENT

### Scenario 2 OVERNIGHT

### Scenario 3 INTERNATIONAL

	Scenario 1 ALL-DAY EVENT	Scenario 2 OVERNIGHT	Scenario 3 INTERNATIONAL
<b>Fruits and Veggies</b>			
Baby carrots, cherry tomatoes, red pepper sticks, frozen edamame, grapes, homemade fruit sauce (apple)	YES	YES	—
Cucumber slices, broccoli, celery sticks, sugar snap peas, avocado, strawberries, blueberries, raspberries, cherries, grapes	YES	—	—
<b>Dairy and Meats</b>			
Greek yogurt (plain or flavored), cheese sticks	YES	YES	—
Low-fat cottage cheese, sliced turkey (no nitrates)	YES	—	—
<b>Cooked Food</b>			
Hard-boiled eggs (free-range), egg burrito, egg muffins	YES	YES	—
Cooked pasta, quinoa or grains, garbanzo, beet or black bean hummus	—	YES	—
<b>Drinks</b>			
Water, 100% juice, homemade electrolyte drink, sports drink, local or organic milk and chocolate milk	YES	YES	—
Sports drink powder	YES	YES	YES
<b>Materials</b>			
Lunchbox, duffle bag, tupperware, stainless steel water bottle, travel utensils, napkins, hand sanitizer	YES	YES	YES
Cooler, ice packs, travel spices	—	YES	—

For safe food storage and handling practices, see: [www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety).

# What to pack **Non-Perishables**

## NON-PERISHABLES

### Scenario 1 ALL-DAY EVENT

### Scenario 2 OVERNIGHT

### Scenario 3 INTERNATIONAL

	Scenario 1 ALL-DAY EVENT	Scenario 2 OVERNIGHT	Scenario 3 INTERNATIONAL
<b>Dried Fruits and Nuts</b>			
Dried fruit: apricots, prunes, raisins, cranberries, dates, apples	YES	YES	YES*
Nuts and seeds: pecans, almonds, walnuts, cashews, pistachios, peanuts, pine nuts, sunflower seeds	YES	YES	YES
Nut butters and spreads: peanut butter, almond spread, individual peanut butter packets	YES	YES	YES
<b>Fruits</b>			
Organic or local apples, pears, bananas, peaches, apricots	YES	YES	—
<b>Pantry</b>			
Mini bagels, granola, granola bars, ready-to-eat cereals, pretzels, raisin cookies, rice cakes, pureed fruits, canned or sachet ethical tuna or salmon, local jerky (nitrite free), 100% fruit bars, dark chocolate bars (fair trade), iced tea packets, tea, sports/energy bars, 100% fruit jam	YES	YES	YES
Crisp breads, crackers/saltines, local honey, organic popcorn	YES	YES	—
Instant rice, instant mashed potatoes, quickcook farro & barley, quinoa, powdered hummus mix, powdered black bean soup, falafel mix, instant soup, miso soup, instant organic oatmeal, muesli mix	—	YES	YES
Organic dried milk powder, powdered peanut butter	—	—	YES

\* For international travel: check with your airline to see if you can travel with seeds.