



## LONG DISTANCE TRAVEL

### Targets:

- Minimize jet lag
- Maintain training diet

### Before travel (at least three days):

Check what food, if any, will be available during travel. Talk to travel organizers (sport organization, team organizers, coach, or manager). If possible, order special meals in advance.

### Preparation and travel:

Pack and carry a personal "SNAC-Pac" (full water bottles, sandwiches or cold meals, fruit and/or vegetable juices, fresh fruit, high carbohydrate snacks such as dried fruit, crackers, dry cereals, bagels, fig bars, plain cookies, energy bars, etc.).

Carry enough food for the expected duration of your entire travel, including wait times, flights, and ground travel. Anticipate that there will be delays – bring extra food and fluids.

Before, during, and after the flight, emphasize high carbohydrate foods (such as those in your SNAC-Pac) to maximize your glycogen stores. Balancing your meals with food from all food groups will provide necessary nutrients.

Drink lots of cool fluids (bottled/mineral water, juices, milk). Start at the airport – drink 500 mL (2 cups) of fluid in the hours before departure. During the flight, aim for at least 250 mL (1 cup) per hour.

Check labels if you are not sure of the content. Caffeine is no longer a restricted drug, but it is a stimulant that may keep you awake when you want to sleep. Watch for ephedra, a banned drug. You could test positive.

*Avoid alcohol.*

Prior to take-off, set your watch to the destination time; start thinking and, if possible, eating in destination time.

Stretch and move around the aircraft as much as possible to limit stiffness and reduce the cramped feeling.

Try to rest or sleep sometime during the flight.

### At the destination:

Go out into the daylight as much as you can.

Be active and socialize. Try to "live by the clock" upon arrival, i.e., eat meals at the mealtime of your destination. Allow yourself only a short nap if you arrive in the morning.

### THE TRAVEL CHALLENGE

1. Did you drink some fluid at the airport in the hours prior to departure? Score 2 points if you had at least 500 mL (2 cups) of fluid. Score 1 point if you had only 250 mL (one cup).
2. How much water, juice, milk or soft drink did you drink en route? Score 2 points for every hour that you had at least 250 mL (1 cup) of fluid. Bonus: score 3 extra points if you brought your own bottle of water on board!
3. How many alcoholic beverages did you drink in the airport and en route? Deduct 2 points per drink.
4. Did you consume balanced, high carbohydrate meals and snacks? Score 2 points if you did. Score 2 bonus points if you brought your own personal "SNAC-Pac" (fluids, meals, and snacks) on board!
5. Did you eat a snack or meal every 2 to 3 hours during your flight? Score 1 point if you did. Deduct 1 point if you did not eat for more than 4 hours.
6. How many times did you get out of your seat to walk around the aircraft? Score 1 point if you took a walk every 3–4 hours.
7. Did you set your watch to the destination time before your flight departed? Score 1 point if you did.
8. Did you sleep sometime during the flight? Score 1 point if you did.

Calculate your total point score for the flight. Evaluate your score using the following rating scale:

15 points	Excellent (Gold Medal)
10–14 points	Not far off!
<10 points	There's room for improvement!

