

Traveling can present exciting and rewarding experiences that allow young athletes to learn, grow and compete.

However, travel can also take a toll on young athletes by disrupting their health and performance if they do not have strategies to cope with the changes. Faced with atypical daily routines, high physical demands, and unfamiliar environments, young athletes benefit from strategies to stay healthy and maximize their performance while away from home.



## Tips to keep you competing at your best even when traveling

### 1. Hydrate, Hydrate, Hydrate

- Drink 1 glass of water per hour of travel
  - Do not limit fluid intake to avoid the bathroom!
- Avoid caffeine and sugary drinks, which can increase dehydration
- Bring your own water bottle and ask for more once you're done!
  - Wait to fill your bottle until after security while flying

### 2. Pack Snacks

- Carry foods that are high in carbohydrates and protein
- Ideas: energy bars, trail mix, chocolate milk, crackers, granola bars, dried cereals, nut butter, instant oatmeal, applesauce, dried fruit and beef jerky

### 3. Keep Your Routine

- Stick to your typical training and game day eating schedule
- Eat familiar foods and don't experiment while on the road

### 4. Avoid Germs

- Traveling athletes are more likely to get sick on the road
- Unfamiliar settings can introduce you to new germs and allergens
- Physical stresses of traveling and competing can weaken your immune system and increase the chances of getting sick
- Washing your hands prior to meals and after using the bathroom is essential

### 5. Keep Moving

- Get up and walk at least every hour
- This helps reduce muscle and joint stiffness

## Making the most of the buffet

- Have one meal with same serving sizes you would have at home
- Avoid overeating by looking at all available options before filling your plate
- Limit high fat items such as foods that are fried, crispy, creamy or buttery
- Pick healthier choices that are baked, broiled, steamed or poached
- Choose quality carbohydrates with whole grains
- Include lean protein such as chicken, beef, fish, beans or tofu, and add steamed or raw veggies

## Snack Suggestions

### Carbohydrate Sources

- Pre-cooked or instant rice, noodles, couscous, quinoa, or pre-cooked lentils
- Instant oatmeal, cream of wheat
- Granola, muesli (higher fiber options)
- Granola bars, sports bars, fig bars
- Snack crackers (graham, rice cakes, wheat)
- Fruit snacks (dried, dehydrated, leathers)
- Instant breakfast or meal replacement powder
- Dried veggies (peas, beans)
- Pureed fruit and veggie packets
- Powdered sports drink, gels, gummies

### Protein Sources

- Tuna, salmon, chicken packets
- Mountain meals
- Jerky (turkey, beef, bison, lamb, salmon)
- Edamame, chickpea packets
- Peanut or almond butter
- Nuts and seeds
- Recovery drink mix
- Protein powder (whey, soy) – NSF certified
- Protein bars



## Contact Us

Call (844) 41-ORTHO (67846) for appointments and more information, or visit us online at [ortho.stanfordchildrens.org](http://ortho.stanfordchildrens.org).

## Locations

### Emeryville

Specialty Services  
6121 Hollis St, Ste 2  
Emeryville, CA 94608

### Los Gatos

Stanford Children's Health  
555 Knowles Dr, Ste 201  
Los Gatos, CA 95032

### Palo Alto

Mary L. Johnson  
Specialty Services  
730 Welch Rd  
Palo Alto, CA 94304

Lucile Packard Children's  
Hospital Stanford  
725 Welch Rd  
Palo Alto, CA 94304

+ In partnership with  
Sutter Health CPMC

++ In partnership  
with John Muir Health  
Walnut Creek Medical Center

### Pleasanton

Specialty Services  
5000 Pleasanton Ave  
Ste 200  
Pleasanton, CA 94566

### San Francisco<sup>+</sup>

Sutter Health CPMC  
3801 Sacramento St  
2nd Floor, Ste 216  
San Francisco, CA 94118

### Sunnyvale

Orthopedic Care and Motion  
& Sports Performance Lab  
1195 West Fremont Ave  
2nd Floor  
Sunnyvale, CA 94087

### Walnut Creek<sup>++</sup>

Specialty Services  
106 La Casa Via, Ste 240  
Walnut Creek, CA 94598