
Gluten Free Travel Planner



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For years after my celiac disease diagnosis, I limited myself to traveling only to known gluten-free-friendly destinations. I felt that the gluten-free diet would change my ability to explore the world freely, and accepted that as a fact.

After many years of avoiding destinations I really wanted to see, I dove in head first, and figured out a way to make some of the most remote locations work with the celiac & gluten-free lifestyle.

All of my strategies are outlined right here in this workbook. There is a vast archive of resources on the website to help you through the details of each of these sections.

Be sure to visit vibrantlyfree.com/gluten-free-travel for additional support.

With love and gratitude, Jamie

Gluten Free Travel Planning Workbook

STEP ONE: LET'S GET MOTIVATED

Woot woot! Are you excited about that upcoming trip? If you're feeling nervous, know that the goal of this planner is to have you feeling confident upon completion. Let's dive right in by getting to know your destination.

1. WHERE ARE WE GOING?

List your general itinerary in the space below. How long will you stay at each place? What dates will you be there? Include details for length of travel if possible. If there are multiple places and they are very diverse, you may want to complete this workbook for each one individually.

2. MOTIVATION

Why are you traveling to these destinations? WHY-power is stronger than willpower. Having these reasons front and center will help you remain focused and motivated should you end up in any tough spots. Write your top 4 travel motivations below.

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STEP TWO: RESEARCH LIKE A G-FREE PRO!

On to research! Everyone says that you need to "do your research ahead of time", but what do they really mean? Don't worry, I've got you covered.

1. FOODS AVAILABLE

What whole foods (fruits, veg, potatoes, rice, meat, legumes, etc) will be available during the season of your visit?

2. FOOD LABELING LAWS

What are the food labeling laws in general and for common allergens?

3. RESTAURANTS

If you're someone who enjoys eating in restaurants, list any gluten-free-friendly restaurants and their locations below.

4. PLANNING FOR LANGUAGE BARRIERS

What language(s) do the locals speak?

Is your language widely spoken with reasonable fluency?

If there is any doubt, how will you address language barriers? Will you find or purchase a gluten-free translation card? Will you make some translations yourself to reference when reading food labels? Jot down some ideas below.



STEP THREE: HACK YOUR ACCOMMODATION

This is where we may need to get creative! We'll sort out challenges relating to food prep at your accommodation below.

1. FOOD PREP TOOLS

What sort of food prep appliances are available? While you may prefer dining out, it's always good to have a backup plan. Do you have a microwave? Fridge? Coffee maker? List your amenities below.

2. EASY TO PREPARE MEALS

In a pinch, what could you make with the amenities available? Salads are often a good choice, and microwaves are great for instant oatmeal, instant rice noodle bowls, and other similar items. If you're feeling limited, could you bring your own mini water boiler or a small electric pot to make a few simple dishes? List some ideas below.

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3. FIND THE FOOD!

Use google maps or another online search tool to find grocery stores that are near your accommodation. List them below.

STEP FOUR: PACKING

We are on the home stretch here! You are doing great, and I know your trip is going to be amazing ;)

1. PREPARE FOR TRAVEL DAYS

What is your mode of travel, and how long is the trip to your destination?

What meals/snacks will you bring for the travel days? Remember to consider the trip there and back, as well as customs regulations.

2. BRING SOME OF YOUR FAVORITES

All expert food allergy travelers know to keep a few snacks on hand at all times, just in case. Which ones will you bring and in what quantities? Don't forget to bring a treat - I like gluten-free cookies.

STEP FIVE: TROUBLESHOOT THE UNEXPECTED

Just two more steps to go, and then you're ready for the trip!

1. BRAINSTORM

What sort of unexpected situations could you encounter regarding a gluten-free diet while on your trip? List them below.

List snacks you will pack to get you through these potentially tricky situations.

2. JUST IN CASE...

While we hope it never happens, what will you do if you get 'glutened'? Write any items you want to bring with you should you fall victim to the big 'G'.

Congratulations! You finished the workbook and achieved g-Free travel pro status. If any of these questions have you stumped, check out the valuable free content on the vibrantlyglutenfree.com website and social media. Safe and happy travels, my friend!

