

Gluten Free Travel Checklist

For Step-by-Step guidance, read *How to Travel Anywhere with a Gluten-Free Diet* at:
vibrantlygfree.com/gluten-free-travel/

Research

- Does the local diet include naturally gluten-free meals?
- What sort of whole, naturally gluten-free foods are abundant? (fruits & vegetables, for example)
- What languages are spoken?
 - Purchase/make gluten-free translation cards
 - Look up and translate key terms online
- Research gluten-free restaurants
- Locate a grocery store near your accommodation(s)
 - Investigate gluten-free food labeling
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Packing

- Gluten-Free Travel Planner (get yours at: vibrantlygfree.com/free-resource-library/)
- Snack bars (I bring 1-2 per day)
- Emergency meal(s)
- GF treat
- Travel mug
- Vitamins/Supplements/Medications
- GF toiletries
- Compact food bowl + utensil
- Optional:* Compact Cooking Kit ([search "DIY Kitchen Kit" on vibrantlygfree.com](#) to learn more)
- GF translation cards + lists
 - Extra copies of translation cards and lists
- Anticipate other trip needs, like breakfasts in the hotel, extra emergency meals, etc.
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Before you go

- Reserve GF airline meal(s)
- Pack your carry-on bag with GF snacks
- Bring a meal to eat at the airport while you wait
- Inform your traveling partners of your gluten-free needs
- Inform your accommodation/hosts of your gluten-free needs
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More resources: vibrantlygfree.com/gluten-free-travel-food/



At restaurants

To Bring:

- Translation Cards
- Translation List
- Snack bar(s) - just in case
- Medications you might take if glutened (antidiarrheals or tylenol, for example)
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To Do:

- Advocate for your needs
- Ask questions about cross-contamination
- Inspect your meal for obvious gluten contamination (like croutons)
- Double check that your meal is GF with the wait staff. Weigh their answer carefully and ask again if necessary (remember many people have a knee-jerk reaction to say yes).
- Only eat if you feel safe/comfortable (you won't digest it anyway if there's gluten in it, so what's the point?)
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On the go

- Replace eaten bars/snacks in your bag each day
- Thank everyone who supports your GF lifestyle
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Before you return home

- Reserve a GF airline meal
- Pack your carry-on bag with GF snacks & restock at the supermarket if needed
- Bring a meal to eat at the airport while you wait
- Inform your traveling partners of your gluten-free needs
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Download our Gluten Free Travel Planner for more guidance and organization at:

vibrantlyfree.com/free-resource-library/

Have a safe and happy trip!

♥ - Jamie

