



Gluten Free Travel Checklist



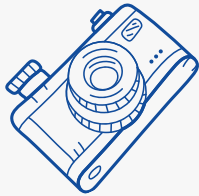
Before you leave

- Research naturally GF local dishes
- Join local FB groups, study old posts or ask in a new one
- Take notes from blogs
- Research eateries on Google
- Download GF travel apps
- Research eateries on travel apps
- Read recent reviews
- Pin eateries on Google Maps
- Request airline GF meal



Food essentials

- Nutritious snacks
- Filling carbs (crackers, cookies, bread)
- Clips for food bags
- Resealable food bags (optional)
- GF travel card
- Medications for your symptoms (just in case)



The journey

- Double check about your GF meal
- Backup snacks
- Sandwich for short flights
- Medical documents to show (just in case)
- Stock up before flying back



Accommodation

- Email in advance
- Ask about meal availability
- Ask about preparation
- Research GF eateries nearby (just in case)



And remember:
it's ok to ask questions!

