

Planning for Tournaments, Competitions and Travel

Plan, Prepare and Pack

- Plan out meals, snacks and drinks
- Use a cooler with ice packs to keep food from spoiling
- Pack refillable water bottles, hand sanitizer, napkins, and cutlery

Trial New Foods Ahead of Time

- New foods may cause stomach upset
- Try new foods during practices
- Look into food options at the tournament ahead of time

Packable Food

- Crackers
- Whole or canned fruit
- Sandwiches/wraps
- Canned fish
- Bread/buns/bagels
- Trail mix
- Granola bars

