

A few tips to remember as we are preparing for our travels! There will be a 3-hour time difference (jump forward), so it is best if 1-2 weeks before we go, you start waking up an hour or two earlier than you normally would, as well as trying to go to bed an hour or two earlier. It is going to be a big change once we get there, so the better you can prepare, the better you will feel as you head into competition!

Traveling by Air

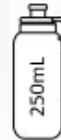


Air Travel is dehydrating and may cause jet lag but can be reduced by:

Pack nutritious snacks to avoid the salty airplane snacks



Drink at least 250mL each hour on a flight



Avoid coffee, tea, and caffeinated beverages



A reminder that when packing snacks to travel with on the airplane LIQUIDS are NOT ALLOWED (this also applies to yogurts, dips, etc.)...so stick to the dry food snacks!



Carbohydrates

- Apple sauce fruit pouches
- Bagels
- Crackers
- Dried fruit/fruit leathers
- Dry cereal/granola
- Granola bars
- Homemade muffins
- Instant mashed potatoes
- Instant soups/hot cereal
- Microwave popcorn
- Pitas
- Pre-cooked or instant rice, noodles, couscous, quinoa or lentils
- Pretzels
- Sport bars
- Sport drink powder
- Sport gels
- Tortillas



Protein

- Beef/turkey jerky
- Dried edamame, chickpeas or hummus mix
- Nuts
- Seeds

Ten ways to help reduce jetlag

Jetlag affects all travellers. Unfortunately there is no cure or magical way to avoid jetlag but there are a few tips and tricks to get you back to your travels quicker.

1

Arrive Early

Try and arrive a few days earlier to your scheduled work or activities to try and sleep off jetlag.



2

Wear Sunglasses

Your body responds to light. Control light exposure by wearing sunglasses.



3

Rest

Staying up all night before departure and sleeping on the plane NEVER works. Ensure plenty of rest prior to your journey.



4

Plan a Stopover

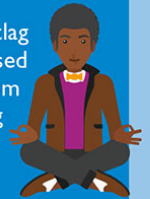
Travelling long distances is tiring. Plan a stop over to break the journey and minimise jetlag.



5

Keep Calm

Stress can make jetlag worse. Stay organised with everything from tickets, to checking in and arrive early at the airport.



6

Drink

Water, not rum that is. Staying hydrated helps reduce jetlag, fatigue and headaches. An average three hour flight can shed 1.5 litres of water. Avoid caffeine and alcohol.



7

Get Comfy

Use earplugs or noise eliminating headphones and wear an eye mask to help rest on the flight and create the right conditions for sleep.



8

Eat Right

Avoid junk food and heavy meals. Eat healthy the first few days and try to eat closer to your destination meal time a few days before departure.



9

Sunlight

On arrival at your destination try to stay in natural sunlight as much as possible. This assists the natural body clock in knowing that it's still daylight.



10

Exercise

When you arrive use the hotel gym or go for a run in the evening to help tire yourself out and burn off excess energy prior to sleeping.

