



CAROLINA **FUNCTIONAL** NUTRITION

Summer Travel Wellness Checklist

A realistic packing + prep guide to support energy, digestion, hydration, and recovery while traveling this summer.

Before You Leave

- Refill prescriptions + regular supplements
- Pack electrolytes or mineral support
- Bring a reusable water bottle
- Pack protein-rich snacks for travel days (protein bars, jerky, nuts, trail mix, etc.)
- Download maps, playlists, or podcasts ahead of travel days to reduce stress
- Prioritize sleep for 1–2 nights before travel if possible
- Pack mineral sunscreen + sun protection
- Bring comfortable walking shoes + layers for temperature changes

My Functional Nutrition Travel Staples

Foundational Support

- Multivitamin
- Magnesium
- Fish oil

Digestive Support

- Digestive enzymes
- Probiotics or *S. boulardii*
- Activated charcoal or binders (when appropriate)

Hydration Support

- Electrolytes

Easy Travel Food Staples

- Protein bars
- Jerky or meat sticks
- Nuts or trail mix
- Easy breakfast options (protein oatmeal cups, clean protein bars, nuts, fruit, hard boiled eggs, etc.)
- Something with fiber for longer travel days (fruit, chia packets, nuts/seeds, roasted chickpeas, oatmeal cups, etc.)
- A few easy snacks for kids during long travel days (protein bars, fruit snacks, jerky, trail mix, crackers, etc.)

During Travel

- Add electrolytes after flights, heat exposure, sweating, alcohol, or long outdoor days
- Eat protein regularly – especially on busy travel days
- Try not to rely on caffeine alone for energy
- Build balanced meals when possible: protein + carbs + fiber + healthy fats
- Move your body when you can: walks, stretching, sunlight, mobility, etc.
- Prioritize hydration before you feel dehydrated

When You Get Home

- Re-establish normal meal routines
- Increase hydration + minerals for 1–2 days
- Prioritize sleep and recovery
- Focus on simple nourishing meals before “starting over”
- Spend time outside and reset your routine gradually

Final Reminder

Summer wellness does not need to be perfect.

A little preparation around hydration, digestion, protein intake, minerals, and recovery can make a meaningful difference in how you feel both during your trip and when you return home.

This guide is educational and not individualized medical advice. Always consult your practitioner regarding supplements and medications.