

# Low FODMAP Travel-Day Packing Checklist

Use this checklist the night before a flight, hotel stay, or long drive. The goal is not to pack perfectly. The goal is to avoid a last-minute food gamble.

## Carry-On or Day Bag

- One real meal I already tolerate reasonably well
- One planned snack
- One emergency backup snack
- Empty water bottle to fill after security
- Napkins or wipes
- Spoon or safe utensil if needed
- Monash app ready on phone

## Good Solid-Food Defaults

- Rice cakes or rice crackers
- Plain popcorn
- Plain pretzels
- Hard cheese
- Fruit that travels well
- Simple sandwich or rice bowl with no liquid sauce
- One tolerated certified bar

## Checkpoint Reminders

- Yogurt or similar gel foods fit U.S. TSA carry-on limits
- Ice pack is fully frozen if bringing chilled food
- Sauces, dressings, and dips fit the liquid rule or stay out

## Hotel Setup

- I know whether the room has no fridge, fridge only, microwave, or kitchenette
- I know where I will get groceries after arrival
- I planned one breakfast option
- I planned one emergency room meal
- I planned one repeat snack lane

## Road-Trip Food System

- Cooler for perishable foods
- Shelf-stable bin for dry foods
- Ice, gel packs, or frozen bottles
- Thermometer if weather is hot or the drive is long
- Drinks packed separately if possible

## Destination Food Safety Reminders

- Do not start a new reintroduction challenge on a chaotic travel day
- Fully cooked hot foods are the safest default when food safety is uncertain
- Be careful with ice, fountain drinks, and raw produce in higher-risk settings
- Do not keep perishable food warm "just a little longer"

## My Reliable Travel Defaults

- Travel breakfast: \_\_\_\_\_
- Travel snack 1: \_\_\_\_\_
- Travel snack 2: \_\_\_\_\_
- Travel emergency meal: \_\_\_\_\_

## Notes

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