

TOURNAMENT / TRAVEL PACKING LIST

A simple food-and-hydration checklist for long competition days

Hydration

- Refillable water bottle
- Backup bottle or access to safe drinking water
- Electrolyte option if appropriate for the athlete and conditions

Main foods

- Sandwiches/wraps
- Rice, pasta, or other familiar carbohydrate-rich food
- Fruit
- Yogurt or another cool protein-rich option
- Other familiar family-approved foods

Portable snacks

- Pretzels/crackers
- Granola or oat-based bars
- Fruit or applesauce
- Trail mix/nuts or seeds if safe and permitted
- Shelf-stable protein-rich options

Cooler & safety

- Cooler
- Ice packs
- Food containers/bags
- Utensils
- Napkins
- Hand sanitizer/wipes
- Follow food-safety guidance for perishable foods

Parent planning tip

Pack more than one familiar option so the athlete has choices if appetite, schedule, or event timing changes.

For athletes and families: individual nutrition needs can vary by age, growth, training load, medical needs, and other factors. For individualized guidance, consult a qualified sports dietitian or healthcare professional.