

# REST HUB

## Travel Ready

### Travel Considerations



#### Before travel

- > Consider the four A's of air travel
  1. Arrive early.
  2. Aim for the shortest travel duration.
  3. Avoid multiple stopovers.
  4. Acquire a jet lag adaptation plan.
- > Be well rested by prioritising sleep and recovery in the week before departure.
- > Maintain consistent bed and wake times, prioritise nighttime sleep, and 'top up' with naps as required.
- > Get organised! Pack early and optimise in-flight comfort by including carry-on items such as:
  - Eye mask.
  - Neck pillow / pillow.
  - Ear plugs or noise cancelling headphones.
  - Nose spray, eye drops, moisturiser.
  - N95 face mask.
  - Hand sanitiser and antibacterial wipes.
  - Medical grade compression socks.
  - Comfortable clothing.
  - Personal nutritional requirements.
  - Drink bottle.
- > In the days leading into travel, aim to prioritise shorter high-intensity sessions over high-volume training, and strategically implement additional rest and recovery. Long-haul travel is a demanding stressor and should not be considered a rest day/s.
- > Consider food availability during travel and at the destination. Consult a dietitian, as required, to ensure travel food adequately meets individual nutritional needs.



#### During travel

##### Sleep

- > Prioritise sleep whenever possible. Binge on sleep, not movies!
- > During travel, do not be concerned with aligning sleep to the destination time zone, rather, get as much sleep as possible and optimise rest/sleep when tired.
- > If unable to sleep on board, anything you find relaxing will be beneficial, including activities that lower heart rate and are not too mentally taxing (e.g., having your eyes closed behind a sleep mask, listening to music, meditating).

##### Recovery & nutrition

- > When possible and appropriate, move around and stretch.
- > Wear medical grade compression socks to reduce swelling and promote blood flow.
- > Maintain hydration with frequent sips of non-alcoholic fluids.
- > Avoid caffeine close to planned sleep periods.
- > Avoid alcohol.
- > Consume regular smaller meals and consider overall caloric intake.
- > Consult a sports dietitian for specific advice.

##### Hygiene

- > Wear an N95 face mask.
- > Sneeze into the elbow, not your hands.
- > Avoid touching the mouth, nose, and eyes.
- > Wash hands frequently and use hand sanitizer.
- > Clean high touch surfaces (e.g., seat, screen, arm rests, and tray table) with antibacterial wipes.



## After travel

### Sleep & jet lag

- > If you have a jet lag adaptation plan, adhere to the prescribed periods of light exposure and avoidance.
- > Implement a wind down routine 30-60 minutes before bedtime (e.g., reading, communications with friends/family at home).
- > Aim to optimise your sleep environment by making it dark, quiet, cool (18-21 °C), and comfortable.
- > Due to the mismatch between the body clock and the new time zone, you may not feel sleepy at nighttime. If you have difficulty falling asleep, or are waking during the night unable to go back to sleep, consider the following:
  - If you find it relaxing to lie in bed, continue to do so, being in a restful state can help initiate sleep.
  - If lying in bed is not relaxing, briefly perform a quiet activity out of bed in low lighting, before returning to bed to attempt sleep.
- > If needed, supplement nighttime sleep with daytime naps, ensuring that daytime naps occur outside of any prescribed seek light period and end before 16:00h local time.

### Recovery

- > Implement an individualised recovery program to reduce travel fatigue and enhance post-travel recovery. For example, consider the strategic use of modalities such as:
  - Compression clothing.
  - Intermittent pneumatic compression (e.g., inflatable boots).
  - Hydrotherapy.
  - Active recovery.
  - Stretching.
  - Physical therapy and self-massage.
- > Avoid high volume training sessions until travellers obtain at least one night of uninterrupted sleep.

### Nutrition

- > Consult a sports dietitian for specific advice.
- > Consider a strategic caffeine intake during the morning and avoid it late afternoon or evening (unless advised by a sports dietitian for targeted use).
- > Where possible, maintain habitual quantities and composition of foods and align mealtimes to the destination.

**These considerations are not exhaustive or individualised to a specific athlete, sport, or situation.**

### Recommended Reading

Halson S, Burke L, Pearce J. Nutrition for travel: From jet lag to catering. *Int J Sport Nutr Exerc Metab.* 2019 Mar 1;29(2):228-235. doi: 10.1123/ijsnem.2018-0278.

Janse van Rensburg D, Jansen van Rensburg A, Fowler P. Managing travel fatigue and jet lag in athletes: A review and consensus statement. *Sports Med.* 2021 Oct;51(10):2029-2050. doi: 10.1007/s40279-021-01502-0.

Zubac D, Buoite Stella A, Morrison S. Up in the air: Evidence of dehydration risk and long-haul flight on athletic performance. *Nutrients.* 2020 Aug 25;12(9):2574. doi: 10.3390/nu12092574.