

TRAVELING THE WORLD GLUTEN FREE

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Traveling gluten free or with a food sensitivity/allergy is anxiety-ridden, but with planning in advance you can really travel almost anywhere as safely as possible. This requires due diligence, collaborating with restaurant and travel professionals, educating yourself about the gluten-free diet, and reading labels to facilitate safe eating experiences. You must be proactive.

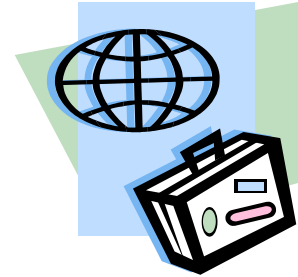
RESEARCH AND PLAN AHEAD

Know your own Gluten-Free Diet. Wheat-free is not necessarily gluten free.

Find out if the hotel/motel, bed & breakfast, or resort offers GF food. Or has a kitchenette and refrigerator where you can cook and store your GF food.

Contact local celiac group for suggestions.

Research: www.glutenfreerestaurants.org.



UNITED STATES

Car Travel

Cooler with milk & juice; GF cereal

Picnic supplies for lunches: Deli meat, carrot sticks, cheese, plain chips

Lunch in restaurants: Salads (question salad dressings) or bring your own in your cooler

Dinner: Ask for Manager. Use Diet Restricted Restaurant Dining Card

Bring Imodium – just in case

Triumph Dining: www.triumphdining.com Resources for dining out (Ethnic restaurant cards), grocery shopping, and restaurant lists.

GOPICNIC.COM. www.gopicnic.com. They have several GF shelf stable meals/snacks in a box. Take the food out of the box to make it easier to pack.

GPS portable systems

AAA maps & itineraries

Mapquest.com or Google maps

THE NEXT EXIT. As you are traveling on the Interstate highways, you can look ahead and see what restaurants and services are listed for each exit. McDonald's aren't hard to find at any random intersection, but Chik-fil-a, Outback, and P.F. Chang's may be a little more difficult to find without this book. The book also lists gas, lodging, grocery and retail stores, rest areas, etc. and which side of the highway you will find them. Available on Amazon.com

Airplane Travel within U.S.

No special meals are available on domestic flights; some flights have no food at all.

Ask for a hotel/motel room with refrigerator, microwave, and/or kitchenette.

Bring snacks along:

Baggie with cashews and/or M&Ms to eat on the plane.

Buy a salad in the airport; check dressing label.

Fruit – dried or fresh

Veggies (carrot or celery sticks)

Foil packet of tuna, chicken or salmon

Cheese sticks

GF crackers

GF pretzels

Jar of peanut butter

Rice Cakes – pack peanut butter & jelly
Corn chips, popcorn
Baggies in suitcase with uncrushable cereal (like Envirokidz Gorilla Munch)
Bread in container
GF Chex cereals in any grocery store
GF Trail mix
GF granola or energy bars
Individually wrapped candies
Your favorite....

INTERNATIONAL TRAVEL

Gluten-Free meals are generally available when traveling internationally. Research this issue. Request at the time you make your reservations. Reconfirm special meal at least 2 days in advance, as well as the day you leave, at the gate and with a flight attendant in your section. Check out with any cross-bookings.

You may want to check out each country's coeliac website to find celiac-friendly restaurants, grocery stores/pharmacies, etc., that provide gluten-free options – if you are traveling on your own, rather than a tour.

Medical Letter of necessity (explain why you have food in your suitcase....)

Prescriptions. Be sure you have ALL your prescription and OTC medications to last your whole trip. Pack your medicines in your carry-on bag.

Pack food in case there are mistakes or you don't like the GF food provided.

Buy items after Security Check.

Breakfast cereal baggies for plane – depends on country. May have to discard at Customs.

Converter and appropriate plugs.

Most countries abroad are way ahead of the U.S. in terms of understanding celiac disease and the gluten-free diet. They generally use fresh ingredients, rather than processed foods. Contact international coeliac organizations to see where they recommend you get GF products while traveling.

Translated Restaurant Cards

Always carry purse/pocket-sized allergen-free translated dining cards. Make multiple copies and laminate.

Glutenfreepassport.com has free **translated dining cards** in Arabic, Dutch, French, German, Greek, Italian, Latvian, Norwegian, Portuguese, Russian, Spanish, and Swedish.

Pack in your carry-on or purse a foreign language phrase guide, such as *the Multi-Lingual Phrase Passport* by **www.glutenfreepassport.com** for additional phrases such as common ingredients, dining requests, and other dietary considerations.

Traveling with a tour can help you utilize the tour guides or program managers to help translate when necessary. Give them a copy of your translated restaurant card.

Hotel breakfasts:

Some hotels have room refrigerators and/or hotplates

Eggs: scrambled, hard boiled or omelets.

Fruit

Meats

Cheese

CRUISES:

Inform cruise line at time of reservation that you have medically-prescribed dietary restrictions. Talk with Customer Service Rep – a real person – about your diet well in advance, preferably at least a month.

Day of boarding make appointment with Restaurant Manager and/or chef to discuss gluten-free options.

For large cruises, it's safest to eat in the main dining room at your assigned table, where the waiters are aware of your dietary restrictions and have access to gluten-free foods at every meal.

For smaller cruise ships, you generally can sit wherever you like; the restaurant staff gets to know your desires fairly quickly.

Usually choose from regular menu a day ahead.

Bring translated restaurant cards for chef and any restaurants off ship. Enlist a tour director to help translate, if necessary.

Bring some baggies in your luggage. You may want to pick up some cheese, deli meats to take onshore for a quick lunch. A GF box lunch can be questionable in taste (especially a cold GF sandwich).

TIPS – Miscellaneous

Reusable Toast-It Bags -- CSA; Connie Sarros' website (<http://gfbooks.homestead.com>); Amazon.com

Packing List - individualized

Bag ID, colored straps, colored yarn to differentiate

Extra Xerox copies of passports/ID

TSA approved bag locks

Travel bag scale

Extra copies of passports/identification

Washcloth in baggie

Cold water wash, liquid or powder

Wire Hangars

Individual hangar clips for sox, underwear

Sink stopper – plastic

Flashlight

Alarm clock

Motion Sickness pills or patches

TRAVEL CLOTHES & PACKING TIPS

Tilley Endurables: www.tilley.com; 1-800/363-8737

(fast-drying underwear & sox, zip-off pants)

Packing Checklist

Packing Tips

Tilley's Carry-On Travel Tips

Magellan's: www.magellans.com, 1-800/962-4943

TravelSmith: www.TravelSmith.com; 1-800/770-3387

Brooks Brothers travel shirts for men

LEX gear at www.Expeditions.com, 1-877/445-9415

RESOURCES for Dining Out and Traveling

- **NIH Celiac Awareness Site re Travel:** <http://celiac.nih.gov/TravelingWithCeliac.aspx>
- **Travel-Related Health Issues:** www.cdc.gov/travel. Or call 800/CDC-INFO. This site includes information about vaccines, traveling with kids and people with disabilities, the latest health information about different countries, food and water safety.
- **GLOBAL GLUTEN-FREE GUIDE:** www.specialgourmets.com. This site is a global guide of restaurants, shops and hotels with options for gluten free and dairy free.
- **LET'S EAT OUT With Celiac/Coeliac & Food Allergies!** by Kim Koeller and Robert LaFrance. See www.glutenfreepassport.com for free translated restaurant cards in **Arabic, Dutch, French, German, Greek, Italian, Latvian, Norwegian, Portuguese, Russian, Spanish, and Swedish**. Koeller & LaFrance also publish a "Multi-Lingual Phrase Passport" booklet that has relevant dining phrases translated into French, German, Italian and Spanish.
- **iEatOut™ - Enables Safe Dining and Traveling – Anytime & Anywhere, By Gluten-Free Passport for iPhone and iPod Touch users.**
- **Houston chapter restaurant card**
- **THE ESSENTIAL GLUTEN-FREE RESTAURANT GUIDE,** www.triumphdining.com. (as well as their *THE ESSENTIAL GLUTEN-FREE GROCERY GUIDE*)
- **TRIUMPH DINING** Restaurant cards – American and ethnic restaurants. (www.triumphdining.com)
- **NO THANKS, I'M ALLERGIC-** *Translated dining cards for GF & allergies.*

- **GIG pamphlets:** “Tips on Travel in the U.S.” and “Restaurant Dining: 7 Tips for Staying Gluten Free”
- **Gluten-Free Restaurant Awareness Program (GFRAP)** coordinated by GIG – www.glutenfreerestaurants.org
- **Celiac Travel.com:** www.celiactravel.com
- **The Celiac Scene:** <http://www.theceliacscene.com/roadscene.php>
- **Gluten Free On The Go website:** www.GlutenFreeOnTheGo.com
- **The Gluten Free Registry** lists GF restaurants, caterers, bakers and grocers in the US <http://glutenfreeregistry.com/>
- **The Gluten Free Travel Site** (www.glutenfreetravel.com) not only lists restaurants and travel venues, but they are reviewed by readers.
- **GUIDEBOOKS**
 - Rick Steves’** travel tips and guidebooks: www.ricksteves.com
 - Frommer’s:** www.frommers.com
 - Fodor’s:** www.fodors.com

TOUR COMPANIES THAT ARE CELIAC-FRIENDLY

Your experience depends on the individual tour director or restaurant manager and his/her communications with the local venue.

- Bob & Ruth’s Gluten-Free Dining and Travel Club — www.bobandruths.com; 410/939-3218
- Holland America cruises — www.HollandAmerica.com
- Vantage Tours, especially European river boat tours — www.vantagetravel.com
- Brendan tours: www.brendanvacations.com; 800/421-8446
- Lindblad/National Geographic — www.expeditiontrips.com
- Odyssey tours
- Kensington tours (GF food on your own)
- Gluten Free Adventure Wellness Retreats w/ Melinda Dennis, MS, RD, LDN.
Contact www.DeletetheWheat.com or MelindaRD@DeletetheWheat.com.
Weekends of delicious gluten free meals and snacks, workshops on maximizing nutrition on the gluten free diet, and indoor/outdoor activities - hiking, skiing, snowshoeing, yoga, and energy work. Family and friends welcome.
- Royal Caribbean cruises — www.royalcaribbean.com
- Norwegian cruise line — www.ncl.com
- Viking river boat cruises — www.VikingRiverCruises.com
- Trafalgar: www.trafalgarvacation.com; 800/680-2858
- Carnival cruises – www.carnival.com
- Disney cruise line – <http://disneycruise.disney.go.com/>
- And more...

TAKE HOME MESSAGE:

- **Research and plan in advance.**
- **Staying as gluten free as possible and keeping healthy will help you enjoy your vacation and your travels as much as possible.**
- **You really can travel while staying gluten free!**