The Cystic Fibrosis traveller’s guide to nutrition

In preparation to your travel, it is important for your health to be as best as possible before & during your trip. You will need to think about your travel location and the weather, in order to prepare well for your journey. Here are a few tips to help you enjoy your time away.

1. Get advice from the CF team: especially if it is your first time to go overseas. They will give you advice on what you need to discuss with your travel agent. They may also be able to give information on CF centres near your travel destinations.

2. Hydration is very important especially if you are taking a long flight, visiting a hot & humid place, taking part in outdoor activities, are drinking alcohol, or if you have travellers’ diarrhoea.
   - Minimum 2 litres of fluids to prevent constipation and dehydration: e.g. water, juices, glucolyte, milkshakes, thickshakes and smoothies.
   - Drink every hour/carry a water bottle or camel pack.
   - Only drink safe water.

3. Salt is also important to avoid dehydrate (note: signs of dehydration include cramps, tiredness & loss of appetite). Increase your salt intake by taking extra salt on food, salt tablets, sports drinks, Glucolyte and salty snacks (nuts, pretzels, chips). Your Dietitian can give you more advice on this before you travel on the amount that would suit you best.

4. Food Hygiene: Risk of dehydration and salt loss is very high with travellers’ diarrhoea.
   - Consume only safe food and water (pay attention to advice given in travellers’ guides).
   - Avoid dirty premises and street vendors.
   - Avoid raw or poorly cooked foods, peel all fruit.
   - Hot foods should be served hot & cold foods served cold.
   - Drink bottled or treated water even for brushing teeth

If you get diarrhoea, maintain fluids and seek medical help.
5. **Keep up the calories**: Order special meals for your flight. Be aware of “no frills” airlines. These will be cheaper but you may have to pay extra for food. At your travel destination, follow recommendations from guidebooks on good value cafes/restaurants. Make good use of the well known fast food outlets. Buy extra foods/ drinks at supermarkets, and carry snacks with you when out and about.

6. **Supplements**: To take or not to take? This depends on excess luggage and customs. Alternatively you can use powdered versions such as sachets of Scandishake.

   If unable to carry your usual supplements you can still make best use of what is available.
   - Thickshake = 580kcal (2400kJ)
   - Frappes = 360kcal (1500kJ)
   - Smoothie = 270kcal (1100kJ)

   You can make your own milkshake or smoother drinks using full cream UHT milk/ milk powder, ice cream, yoghurt, and toppings from local stores.
   - Take a “shaker” to make your own high calorie drinks.