Gfreeva

GLUTEN-FREE TRAVEL CHECKLIST

Plan ahead. Pack smart. Enjoy the journey.

BEFORE YOU GO

- ☐ Research restaurants that can accommodate gluten-free meals and ask about cross-contact procedures.
- ☐ Find grocery stores near your hotel or destination.
- ☐ Check airline, hotel, cruise, or tour meal policies; request special meals in advance.
- ☐ Save restaurant addresses, menus, and backup options offline.
- ☐ For international travel, prepare a translated dietary explanation card.
- ☐ Confirm whether your lodging has a refrigerator, microwave, or kitchen.
- ☐ Check rules for bringing food through security, customs, and across borders.
- ☐ If needed, discuss a travel plan for celiac disease with your healthcare professional.

PACK IN YOUR CARRY-ON OR DAY BAG

- ☐ Sealed, clearly labeled gluten-free snacks (bars, crackers, nuts, dried fruit).
- ☐ Easy meals for delays or limited dining options.
- ☐ Reusable water bottle (fill after airport security).
- ☐ Dietary explanation card and a list of questions for restaurants.
- ☐ Medications and supplements in their original packaging, as appropriate.
- ☐ Hand wipes, small food containers, and utensils if useful.
- ☐ Copies of relevant prescriptions and medical information if needed.

AIRPORTS, FLIGHTS & LONG TRAVEL DAYS

- ☐ Confirm any requested gluten-free meal before departure; bring backup food.
- ☐ Read packaged-food labels even when a product looks familiar.
- ☐ Ask about shared preparation surfaces, utensils, and fryers when buying food.
- ☐ Keep snacks accessible in case of cancellations or delays.

A gluten-free menu alone does not guarantee food is safe for someone with celiac disease. Ask about ingredients and cross-contact.

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YOUR GLUTEN-FREE TRAVEL CHECKLIST

Dining, arrival, and everyday essentials

AT YOUR DESTINATION

- ☐ Locate a nearby grocery store and stock reliable gluten-free basics.
- ☐ Check packaged foods for ingredients and applicable gluten-free claims.
- ☐ If sharing a kitchen, clean food-preparation surfaces and avoid shared toasters and contaminated spreads.
- ☐ Keep safe snacks with you for tours, excursions, and unexpected schedule changes.
- ☐ Check local ingredient names and labeling rules when traveling abroad.

QUESTIONS TO ASK AT RESTAURANTS

- ☐ Can you accommodate someone with celiac disease or a strict gluten-free diet?
- ☐ Which dishes are gluten-free, including sauces, marinades, dressings, and seasonings?
- ☐ Are clean utensils and separate preparation surfaces used?
- ☐ Are fried foods cooked in a dedicated gluten-free fryer?
- ☐ Is gluten-free pasta cooked in fresh water and a clean pot?
- ☐ Can the kitchen avoid shared grills, cutting boards, and toaster surfaces?
- ☐ Can you note my gluten-free requirement on the order and confirm with the kitchen?

BEFORE YOU EAT

- ☐ Confirm the meal delivered is the gluten-free order.
- ☐ Ask again if ingredients or preparation details are unclear.
- ☐ Choose another option when staff cannot confirm how cross-contact is managed.

MY TRAVEL NOTES

Destination / dates: _____

Safe restaurant or grocery store: _____

Backup food or meal plan: _____

Important: “Wheat-free” does not always mean gluten-free. Check for wheat, barley, rye, and their derivatives. Certified gluten-free oats may be suitable for some people with celiac disease, but discuss oats with your clinician if relevant. Always follow destination-specific food import and security rules.