



ELEVATE

TRAVEL CHECKLIST

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Travel can either be a momentum killer or a strategic opportunity.

Changing time zones, disrupted sleep, unfamiliar food options, and a packed schedule can easily derail your progress. But it doesn't have to.

With the right plan in place, you can arrive clear-headed, energised, and ready to perform.

Travel can become a competitive advantage if you treat it with the same intent as your workouts and meals.

This guide gives you practical, low-effort strategies to maintain energy, digestion, training, and recovery when you're away from home. Use it to take control of your travel routine and eliminate guesswork.

Whether you're stepping into an airport lounge, settling into a hotel, or navigating back-to-back meetings, this is your toolkit to stay sharp, lean, and on track.



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Head Coach

24-Hour Pre-Flight Checklist

In the lead-up to travel, your goal is to stabilise energy, digestion, and immunity:

- Eat regular meals with plenty of protein and colourful veg
- Hydrate well (3 litres of water minimum)
- Take your supplements as usual (multivitamin, omega-3, magnesium, etc.)
- Reduce caffeine after 2pm to support better sleep
- Cut alcohol entirely if flying next morning
- Light movement or walk after dinner to prime sleep
- Pack key exercise tools: resistance bands
- Look ahead at your schedule and block time for your training

Body Clock Reset

To minimise jet lag and brain fog:

- Set your watch to destination time as soon as you board
- Get sunlight exposure early once you land to help reset your internal clock
- Avoid screens and bright light late at night
- Anchor your eating and training routines to the new local time quickly
- Melatonin (optional) can help adjust if you're crossing multiple time zones

Airport Movement Ritual

Before a long flight, keep your body primed:

- Walk, walk, walk: Get at least 20–30 minutes of steady movement in the terminal
- Stretch out hip flexors, glutes, and shoulders
- Avoid sitting more than 10 minutes at a time pre-boarding
- Hydrate with electrolyte water if possible

In-Flight Recovery Micro Routine

Keep blood flow, energy, and digestion on track:

- Every hour: Stand up, move ankles/calves, do a light aisle walk
- Sip water regularly, aim for 250ml per hour
- Avoid caffeine and alcohol unless strategic
- Bring a neck pillow and eye mask for longer flights
- Use magnesium or Rhodiola if stressed or wired

Post Flight Recovery Micro Routine

Set your system up for energy and performance:

- Shower and change clothes immediately after arriving
- Expose your eyes and skin to daylight (outdoors walk ideally)
- Light stretching or short walk to reorient posture and blood flow
- Anchor your first meal and supplements to the destination time

First Meal = Anchor Meal

Use this to reset digestion and circadian cues:

- Prioritise high protein (e.g., eggs, lean meat, fish)
- Add colourful veg or salad
- Skip refined carbs unless post-workout or later in the day
- Hydrate aggressively (500–1000ml with lemon/salt)

Strategic First Sleep

Your first night's sleep can define your trip:

- Blackout curtains, eye mask, magnesium before bed
- Avoid screens and overhead lights 60 mins pre-bed
- Keep room cool (~18°C)
- Try not to nap when you land unless arriving very early

Travel Snack Stack (Pack These)

Keep these in your hand luggage:

- Protein sachets or bars (Barebells, Bulk, Misfits)
- Small nut packs or trail mix
- Jerky or biltong (low sugar)
- Electrolyte tablets
- 85% dark chocolate square
- Herbal tea bags (peppermint, chamomile)

Final Reminders

- Your goal isn't to be perfect, just consistent
- Use protein shakes and snacks as your backup plan
- If you miss a meal, don't panic, just make the next one count
- You're always one smart choice away from being back on track

Need help setting up a travel pack, hotel-friendly training plan, or circadian reset? We've got you covered.