

Travel Tips after Bariatric Surgery

Pack Individual Snacks for Each Person

Label a gallon ziplock bag for each family member and include single bags of snacks to avoid temptation from large opened bags of food.

Snack Ideas for Your Bag

In your bag include items like a protein bar, beef jerky, water flavoring, protein chips to help you when everyone else is snacking.

Pack a Small Cooler

If traveling by car include a cooler for cheese sticks, boiled eggs, cut veggies, deli meat, turkey sticks, cottage cheese or chicken salad you made at home. Or pack individual meals you have cooked and frozen to be thawed by your destination and heated later for meals.

Use Grocery Delivery when you arrive

Utilize Instacart or Shipt to delivery groceries to you when you arrive. You can also drive, walk or Uber to a store to get items you need. Purchase throw away coolers if no refrigerator or pack a collapsable cooler you can pack in your luggage.

If traveling for conferences or large events

Request meals that are Gluten Free. Even if you aren't GF, it often focuses on meals that are more protein based and not breaded. Often the plate contains less starches.

Hydrating during air travel

You can bring an empty water bottle through security. Don't let no liquids keep you from staying hydrated, air travel is very dehydrating and we tend to drink less to limit bathroom stops!

Hotels let you send items ahead

Many hotels let you send yourself items in advance. You can box up condiments, snacks, coffee, protein chips or any other non-perishables you'd like to have on hand.