



QUEENSLAND RUGBY LEAGUE

# TRAVEL RECOMMENDATIONS



# INTRODUCTION

Prior to travel there are certain assumptions made by many athletes such as cramped seating, noisy engines and possible delays, how you plan, react and cope with these conditions will depend on your pre, during and post-travel planning and attitude.

Adopting a positive mind set can help to alleviate the pressures and stress encountered during travel. Approaching travel as an opportunity to rest and recover will enhance the chances of arriving in a refreshed state.

It is rare for busy athletes to have the chance to be idle, enjoy time to relax, nap, enjoy a movie, read a book or catch up on missed work/study

Using this time professionally and constructively, will allow you to be adaptable and responsive on arrival at your destination.

The following recommendations provide suggestions to better plan and prepare prior to travel, during travel and post travel to ensure you arrive in the optimal mental and physical condition to compete or following competition to return to training.

You should focus on 3 key areas:

**1 YOU**

**2 KNOWLEDGE**

**3 EQUIPMENT**



**Approaching travel as an opportunity to rest and recover will enhance the chances of arriving in a refreshed state.**

# PRE-TRAVEL

It is important to start preparing for your travel in the days prior. Preparation will give you confidence and allow you to concentrate on the upcoming event.

## 1 YOU



Maintain great hydration and nutrition.



Download any movies, podcasts etc, in case connectivity is not possible.



Consider downloading a meditation or anti stress app (Insight timer, headspace or Calm).

## 2 KNOWLEDGE



Understand the climate and conditions of your destination and prepare appropriately.



Understand your travel time and how you will use it.

## 3 EQUIPMENT



Pre-pack your carry-on bag:

- › Take favourite appropriate snacks – High in protein and fiber - for example protein bars, muesli bars, pretzels, grain waves etc. Be prepared for possible delays – flight changes and heavy traffic.
- › Water bottle, hydralyte tablets, compression garments, eye shade, ear plugs, trig bal
- › Playing equipment (in case luggage is delayed or lost)
- › Change of clothes
- › Relevant chargers
- › Book/magazine/tablet
- › Personal medical kit
- › Eye drops, lip balm, nasal spray, hand sanitiser, mask
- › Paracetamol, Immodium, anti-inflammatory
- › Tape, band aids, tissues, wipes



# DURING TRAVEL

This is the time to relax and enjoy the journey.  
Your pre-travel planning will ensure you are prepared to make the most of this time.

## 1 YOU



Eat your planned snacks as part of your regular diet. Avoid boredom-eating remembering food intake should be reduced during inactive periods.



Hydrate as much as possible. Humidity on a plane may be as little as 10-15%. Your body will try to increase the humidity of the air you breathe, and you may dehydrate quickly. Try to drink at least 300ml of water per hour. You can add hydratylte tablets if required.



Avoid tea, coffee and alcohol as they are diuretics and will stimulate water loss.



Using moist towels and water sprays may help minimise feelings of dryness in your nose and throat.



Perform seated exercises, elevate your feet, do foot and ankle mobility exercises and walk around where possible.

## 2 KNOWLEDGE



Understand your travel time – how will you use the time to suit your needs.

## 3 EQUIPMENT



Consider taking your own pillow. This will also be beneficial when staying in a strange bed.



Wear comfortable fitting clothes, allowing for hot or cold conditions in transit.



Wear compression garments if appropriate to your comfort levels.

# POST TRAVEL

You still need to maintain your plan following travel either in preparation for your event or ensuring you minimise the recovery time to return to training ready to train.

## 1 YOU



Continue to hydrate.



Consume higher protein foods to enhance physical and mental alertness, high carbohydrate foods will tend to induce sleep and lethargy.



Promote light activity with stretching and mobility.



Encourage hydrotherapy, contrast (hot/cold) showers, pools or ice baths. This will help to mentally and physically freshen up.

## 2 KNOWLEDGE



Caffeine may aid in staying awake if feeling drowsy.



If arriving the night before have a higher carbohydrate base to dinner.



Nap early afternoon – (30-45 min max) – set an alarm. This may alleviate insomnia later that night.



Alcohol will increase the time required for your body to recover and return to training or competition readiness.



Inform family and friends to ensure they are not trying to contact you at inappropriate times.

## 3 EQUIPMENT



When sleeping or napping - turn off your phone to avoid being woken by a text message or phone call.



Carry your own personal stretching and flexibility gear.



# FINAL NOTE

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Be aware that a lack of privacy and being away from home can be stressful for some people.

Be considerate and tolerant of your team-mates. Be flexible and adaptable in your dealings with other people, always trying to maintain a similar routine to that you would follow at home.

Plan to do your best in spite of any disruptions or distractions experienced throughout the travel.

## Suggested Readings

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