



# GLUTEN-FREE TRAVELING CHECKLIST

## KNOW THE BASICS

- What is Gluten
- What grains contain gluten
- Different names of gluten
- Hidden sources of gluten
- Who should eliminate gluten
- Gluten in medicine
- FDA Labeling
- GF Product Certification symbols

## RESEARCH BEFORE TRAVELING

- Google Destination for Gluten-Free travel tips
- Google hotel and contact concierge for gluten-free options in the hotel
- Search blogs, Pinterest, Instagram and social media for destination food options
- Contact airline and/or search airport for G.F. food options
- Prepare dining reservations and/or eating plan by day
- Call restaurants (Ask questions, food suggestions and champion name)
- Keep notes

## RESOURCES TO BE PREPARED

- Plan what to pack (Foldable cooler, toaster bag, bread, meal bars, nut butters, tamari packs, instant oatmeal, granola)
- What can you buy when you get there (Amazon, grocery stores, hotel store)
- Load Smart Phone Apps (FindMe GF, Now Find Gluten-Free)
- What if you ingest gluten (probiotics, activated charcoal, Glutenease?)

## REVIEW AND TELL OTHERS

- Leave a good tip
- Give a Google review (Good or Bad)
- Be a repeat customer

## GRAINS TO AVOID

Wheat	Barley
Couscous	Barley
Duram	Barley Flour
Einkorn	Barley Peel
Emmer	Bulgar
Farina	Beer*
Farro	Brewer's Yeast
Freekeh	Malt*
Graham Flour	Malt Vinegar
Kamut	Malted Milk
Kernza	
Matza/Matzo	
Seitan	
Semolina	
Spelt	
Triticale	
Wheat Bran	
Wheat Germ	
Wheat Starch	
Wheat Protein	
	Oats
	Look for certified Gluten-Free Oats
	Not all Celiacs can tolerate Oats
	Rye
	Rye
	Rye Flour

## GLUTEN-FREE RESOURCES

- 3 Steps to Gluten-Free Living Book [www.3Stepstoglutenfreeliving.com](http://www.3Stepstoglutenfreeliving.com)
- Magical Moments by Dana [www.Magicalmomentsbydana.com](http://www.Magicalmomentsbydana.com)
- Support Groups  
Gluten Intolerance Group [www.gluten.net](http://www.gluten.net)  
Beyond Celiac [www.beyondceliac.com](http://www.beyondceliac.com)  
Celiac Disease Foundation [www.celiac.org](http://www.celiac.org)
- Find Me GLUTEN-FREE and Now Find Gluten-Free Smartphone App's
- Bob and Ruth's Gluten-Free Dining & Travel [www.bobandruths.com](http://www.bobandruths.com)
- Travel Planning [www.glutenfreeglobetrotter.com](http://www.glutenfreeglobetrotter.com)
- Multi-Lingual Phrase Passport [www.glutenfreepassport.com](http://www.glutenfreepassport.com)
- Essential Gluten-Free Dining cards [www.triumphdining.com](http://www.triumphdining.com)

## WHAT TO BRING

- Foldable cooler
- Toaster bags (Amazon.com)
- Meal replacement bars, rehydrated foods, bread, salad dressing and tamari packs, etc.