



DESTINATION	
TRAVEL DATE	

IMPORTANT NUMBERS

TSA: [\(866\) 289-9673](tel:8662899673)

Airlines: _____

Restaurant: _____

Airport: _____

CELIAC SAFE FOOD TO BUY

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NOTES

DON'T FORGET!

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QUICK GLUTEN-FREE MEALS

Breakfast: yogurt, fresh fruit & breakfast bar

Lunch: ham and cheese sandwich, fruit, carrots, and popcorn

Snacks: trail mix, hummus, carrots, and fruit

GF FOOD TO PACK

Cooler Snacks

- fruit
- meat sticks
- cheese
- gum
- sandwiches
- yogurt
- veggies
- boiled eggs
- cold cuts
- chocolate
- salad
- hummus

Other Food

- popcorn
- protein bars
- breakfast bars
- nuts
- beef jerky
- nut butters
- chips
- muffins
- pretzels
- cereal
- bagels
- trail mix
- sweet treats



CLOTHES

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BASICS

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HEALTH

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TOILETRIES

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ELECTRONICS

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ACCESSORIES

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OTHER

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IMPORTANT

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