Before you go…

Consider packing snacks that you will require when away. Some good options could be:

Biltong

Cereal bars

Nut butters

Ready to eat grains

Fluid

Remember to pack a water bottle in your hand luggage as you should be able to fill it up at the airport.

Malt loaf

Dried fruit, nuts, pulses

Crackers

Some essentials

Consider packing some concentrate diluting if it will increase the amount you drink and ensure you stay hydrated

Mini popcorn bags

Porridge pots

https://sportkitchen.com/
(only savoury options as other meals have added non batch tested protein sources)

Tuna pots- no fridge required

Mixed dried fruit, nuts and seeds – good for adding to porridge for micronutrients