

## Fuel Your Summer Adventures Right

Last year, over 45 million Americans set out to go camping. Whether the campers stayed in a tent, RV, cabin, bivy, or yurt, they spent an average of 15 days camping and travelled more than 180 miles to get to their destination. As summer approaches, you, too, may be planning your summer camping trip or family vacation, whether it is by plane, train, or automobile. Planning a vacation involves thinking about meals and snacks away from home, which may come with nutritional challenges. However, with a little planning and preparation, you can fuel your summer adventures with the nutrition needed to stay on track with a healthy diet for you and your whole family. Compiled here are some healthful suggestions when preparing nourishment for your road trips, air travel, and camping adventures this summer.

### Road Trips

Whether driving across country or driving across state, travel often overlaps with meal times, requiring you to stop for food or pack your own. Along the highway there tends to be few options for acquiring a nutritious meal or snack. Packing your own can be a better bet. For any trip lasting longer than two hours, pack foods requiring refrigeration in a cooler with ice. Freeze water bottles to help keep the cooler cold, and enjoy the cold water as they thaw. When packing foods for a road trip, it is helpful to pre-portion foods into snack packs or small plastic containers. Bring portable silverware and paper towels and wipes for easy clean up in the car. Keep plenty of fluids handy in leak proof water bottles. When enroute, take breaks to get out of the car and stretch or take a short walk.



### Healthy Travel-Friendly Snacks:

- Low-fat yogurt
- Cheese sticks
- Whole-grain crackers
- Cut raw vegetables
- Hummus or guacamole in small containers for dipping
- Whole fruits such as peaches, plums, or bananas
- Popcorn
- Trail mix
- Nuts and nut butter packet

## Air Travel



The trip from home to the airport to your departure gate can be very hectic, especially when accompanied by small children, leaving little time to find healthy meal options. When traveling by air, prepare snacks at home before you leave; healthy and affordable options can be hard to find in airports. Make your own trail mix at home with whole-grain cereal, nuts, and some dried fruit, and portion it out into individual baggies. Bring fresh fruit and cheese sticks. Pack a small lunchbox with an ice pack to keep foods cold, if needed. However, keep in mind the ice pack must be completely frozen to pass through airport security. Any liquid

that has melted in the pack will not be permitted and may need to be discarded. When you reach the concourse, if you prefer to purchase foods, look for high-fiber (at least 5g per serving), healthier options such as granola bars, whole-wheat crackers, or bags of nuts. Some airport restaurants have a “lighter fare” section that includes things like grilled chicken, salads, and raw vegetables. Packaged salads in a bowl or sandwiches are easy to bring on the plane. Drink lots of water when traveling by air to prevent dehydration. Bring an empty reusable water bottle and fill it after going through security to stay hydrated during the flight and after you arrive at your destination. Drinking fluids can also give you a feeling of satiety to help prevent over-eating.

## Camping

The world is your oyster when car camping! Bring a large cooler to store all perishable goods. Plan ahead and make a menu, including snacks! Planning your meals can help prevent food waste from over purchasing foods that don't get eaten and don't hold up. Eat the most perishable items first. Many things can be made at home and then frozen and will thaw in the cooler as you travel. Quick-cook brown rice packets and pre-cut vegetables wrapped in foil are a great dinner combination, both of which can be cooked over the fire. Roasting fruit over the fire makes for a healthy and delicious dessert.

If you are planning a backpacking trip, it may require more thought ahead of time. Pack each meal in a separate bag for easy access from your backpack. Making your own snacks and dehydrated meal mixes can help save money and extra weight in your backpack. Avoid bringing many perishable foods. Fruits such as apples, oranges, or bananas may hold up for a few days. However, avoid any foods that require refrigeration.

Enjoy your adventures this summer, wherever the road may lead you!

By Rakia Ranney and Jessica Clifford



## Camping and Water Safety

When camping and backcountry hiking, water is needed for drinking, preparing meals, and washing dishes so bringing an adequate amount of water with you may not be an option, especially enough to stay hydrated in our climate, rehydrate dried foods, make coffee, wash cooking utensils well, and wash up after an active day outdoors. Streams, lakes, and other water sources are commonly contaminated with pathogenic bacteria, viruses, or protozoa, such as *Giardia* and *Cryptosporidium*. Giardiasis is a gastrointestinal illness usually caused by the introduction of *Giardia* cysts from human or animal wastes into water supplies. Humans are the primary reservoir but beavers and other wild animals can be infected. From 2010-2014, an annual average of 447 cases of giardiasis were reported in Colorado and 111 cases of cryptosporidiosis. Past epidemiologic studies have revealed higher percentages of *Giardia* exposure within Colorado than outside the state and higher associations with overnight camping and drinking untreated mountain water.



*Giardia* cysts and *Cryptosporidium* oocysts are the 'resting stage' of these parasites which are resistant to adverse environmental conditions and can survive in cold mountain streams. Water treatment methods to reduce the risk of infection include boiling, filtration, disinfection, or a combination of filtration and disinfection. Boiling water for a minimum of one minute is the most effective pathogen reduction method but if that is not feasible, a combination treatment using appropriate filtration and disinfection methods is recommended. A fact sheet is available from CDC (2016) outlining specific water treatment methods and their effectiveness against various pathogens. Note that using iodine for water disinfection is NOT recommended for pregnant women, people with thyroid problems, those with sensitivity to iodine, or for long-term use.

Protect yourself and others from waterborne illness by following good outdoor ethics and personal hygiene practices. Carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Dispose of all waste properly to preserve our amazing wilderness and 'leave no trace.'

CDC, 2016. Fact Sheet for Healthy Drinking Water: Drinking Water Treatment Methods for Backcountry and Travel Use. Available from: [http://www.cdc.gov/healthywater/pdf/drinking/Backcountry\\_Water\\_Treatment.pdf](http://www.cdc.gov/healthywater/pdf/drinking/Backcountry_Water_Treatment.pdf)

Wright, R., Spencer, H., Brodsky, R., Vernon, T. 1977. Giardiasis in Colorado: an epidemiologic study. American Journal of epidemiology. 105(4): 330-336.

By Marisa Bunning