
A GLUTEN-FREE TRAVEL POCKET KIT

Before you book. Before you order.

A few useful questions, room for the answers, and a backup plan you can take with you.

01 / BEFORE YOU BOOK

Start a useful conversation.

A gluten-free menu or a review is a place to start. Ask the venue about ingredients and how your food will be prepared. Recheck arrangements when you arrive. [1]

02 / THE QUESTIONS

Ask about the whole meal.

Who can discuss my dietary needs before arrival? Can the kitchen check sauces, marinades, seasonings and garnishes? How are shared preparation areas, utensils, fryers and pasta water handled? What is available if the planned meal cannot be prepared?

03 / YOUR OWN PLAN

Leave room for another option.

Choose a backup before you leave: suitable food you can bring, another venue to contact, or a place to buy groceries. Check your carrier and destination rules before packing food. Unclear answers are a reason to pause and use your backup. [1]

General education and planning prompts. Use guidance specific to your needs from your own care team.

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Keep the details together.

Save this page with your travel notes. Fill it in after speaking with the venue, and revisit it on arrival.

A SHORT MESSAGE TO ADAPT

Hello, I am planning a visit on [date]. I need to avoid gluten, including cross-contact. Who can help me understand the ingredients and preparation process for a suitable meal? Please let me know what can be arranged and what I should confirm when I arrive.

ADD YOUR ACTUAL NEED

If you have celiac disease, say so. State any other diagnosed food allergy separately. Do not describe a medical need as a preference. [1]

KEEP THESE ANSWERS

Venue and date: _____

Person and role: _____

Agreed arrangements: _____

Still to confirm: _____

Backup plan: _____

Conversation prompts for planning, not a venue certification or a guarantee about an individual meal. Use advice specific to your diagnosis from your clinician or registered dietitian.

[1] [NIDDK: Eating, Diet, & Nutrition for Celiac Disease](#)

Sources checked September 13, 2026. Personal meal arrangements require current answers from the relevant venue or manufacturer.