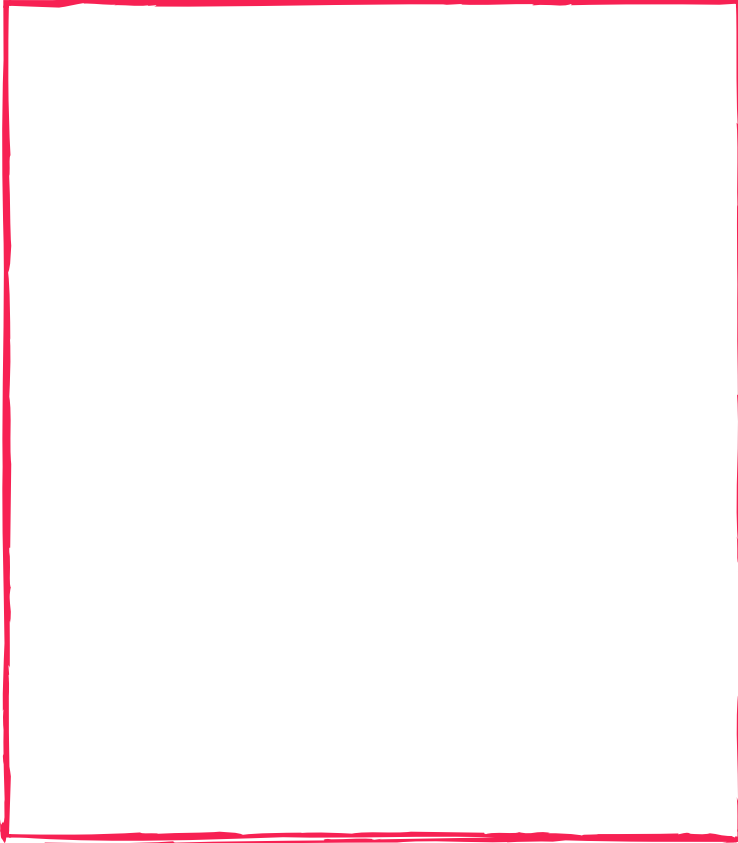
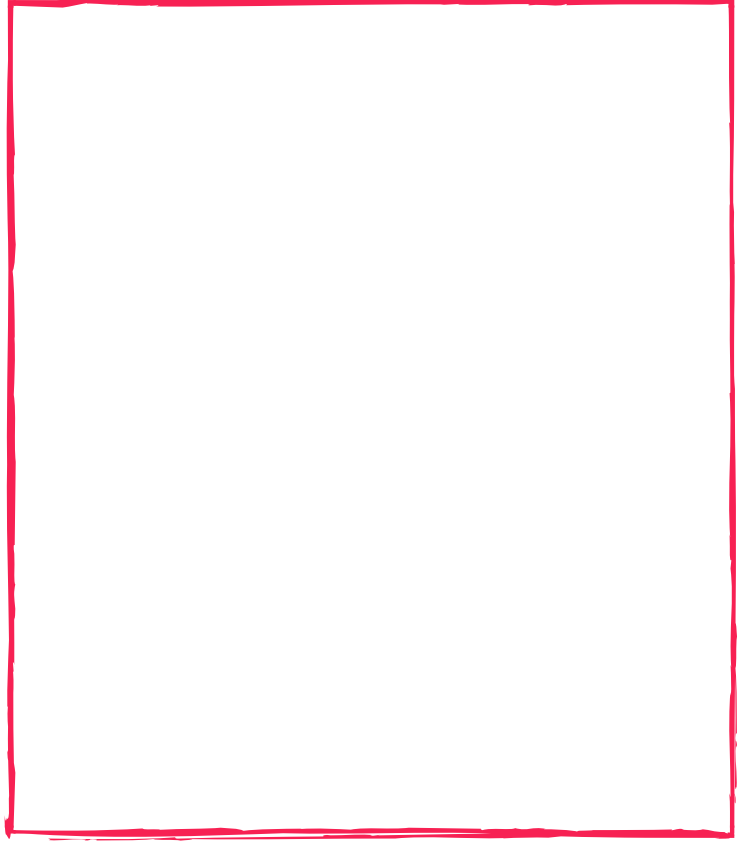


# How To Not Gain Weight While Traveling Checklist

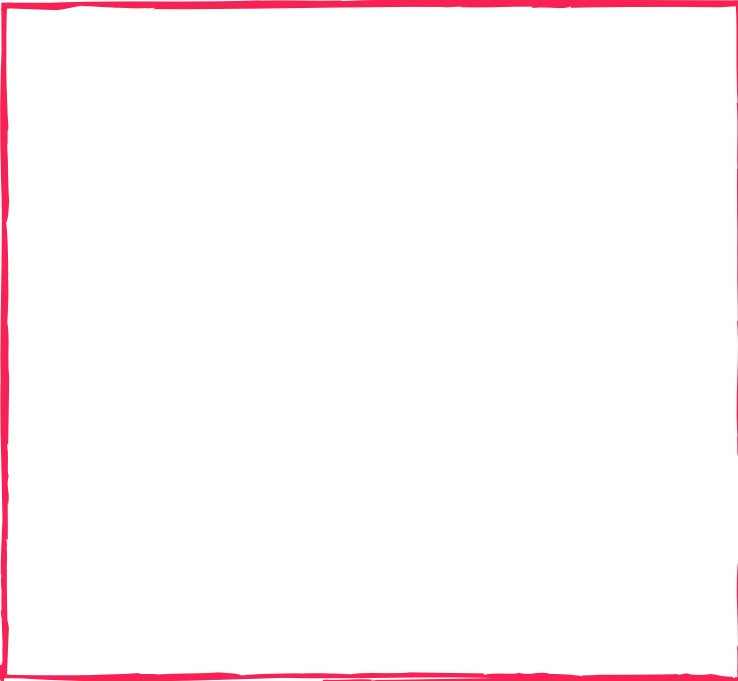
Snacks to bring



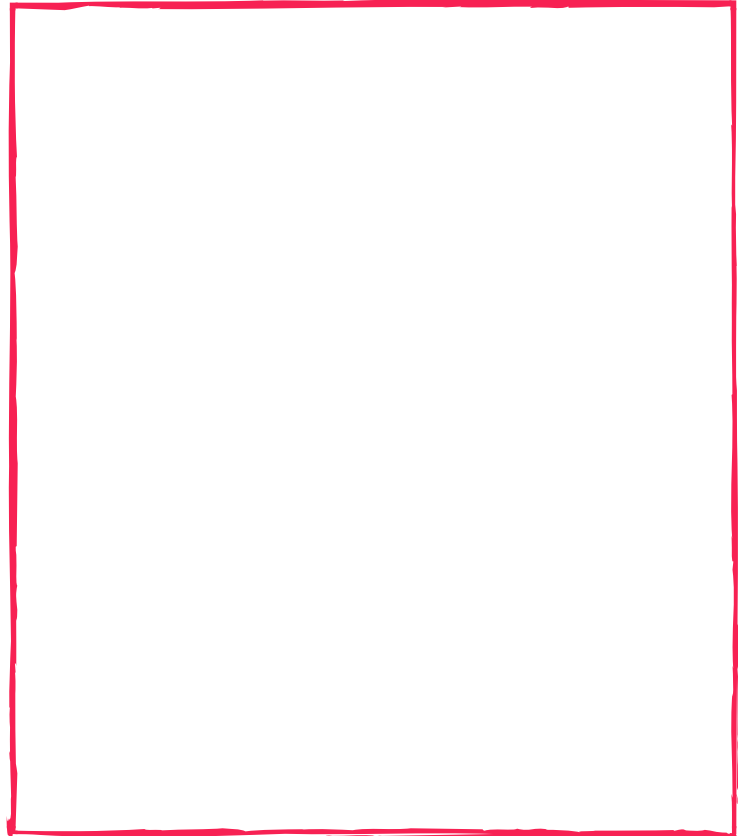
Local restaurants & healthy options at them



Local attractions & distance (can you walk to them?)



Hotels and/or house/apartment rentals  
(What do they have? Kitchen, fridge, coffee maker, gym, etc)



Local grocery stores

