

Addressed to:
Pilgrims traveling to Santiago

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**WHAT YOU SHOULD KNOW
ABOUT...**

- Food during the route´s journey
- Importance of hydration
- Rest and sleep



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FOOD DURING THE ROUTE'S JOURNEY

Before a simple walking route you need to follow the basic rules of a complete, moderate, low-fat, high-carb diet.

Considerations:

1- **Nutritious breakfast**, rich in complex carbohydrates (cereals, bread ...), dairy foods and fruit. **Example:** an orange juice, a banana and a bowl of whole grain cereals with nonfat



2- Once in route, it is recommended having **several small meals**, such as every two hours, food like granola bars, raisins, chocolate, prunes, figs, bananas, cookies. If a larger meal is done half way the best option is a sandwich. If food is brought in tupperware, pasta is the ideal choice....



3- The **dinner**, in addition to carbohydrates, should be rich in proteins (like lean meat, fish, vegetables and egg) to promote muscle regeneration.

IMPORTANCE OF HYDRATION

To be hydrated is vital, do not wait until you are thirsty.

You must drink regularly before, during and after activity. Do not wait until you are thirsty, as thirst indicates that the body is suffering. The ideal is to drink slowly, every hour, preferably water or a sports drink, to provide energy and salts.



Main symptoms of dehydration:

- Dryness of the mucosa
- Nausea,
- Lack of strength,
- Mental and physical fatigue,
- Reduced yields
- Decreased amount of urine and its color is darker.



REST AND SLEEP

Tips for enhance rest and sleep :

— **Avoid caffeine and nicotine** as well as alcoholic beverages because they keep you in the lightest sleep states.



— **Reduce physical activity gradually**, stretching the muscles at the end of the stage and take a shower emphasizing fatigued areas with hot water. To finalize, take a simple massage.



— Try **not to eat too much** just before going to sleep. The best is to have only a cup of tea or an apple.

— Find **relaxing activities**: a relaxing activity before going to sleep, such as reading or listening to music, should be part of your ritual before bedtime.

