NUTRITION ON THE GO | TRAVEL GUIDE

TSA Supplement Packing Checklist

Protein, creatine, pre-workout, and shakes. What goes where, and how to get through security faster.

The rules in 20 seconds

- [ ] Powders over 12 oz (350 mL) in a carry-on go in a separate bin for X-ray and may get extra screening.
- [ ] Checked bags have no powder limit.
- [ ] Ready-to-drink shakes are liquids: 3.4 oz (100 mL) max in a carry-on.
- [ ] Protein bars are solid food and fly with no limit.

Before you leave

- [ ] Count servings: one per day of the trip, plus one spare for delays.
- [ ] Keep everything in original, labeled packaging.
- [ ] Full tubs go in the checked bag, lid taped or bagged (cabin pressure pops loose lids).
- [ ] Carry-on powder stays under 12 oz total, or switch to sealed single-serve packets.
- [ ] Pack a shaker bottle empty. Fill it after security.

At the checkpoint

- [ ] Over 12 oz of powder? Pull it out and put it in its own bin before you are asked.
- [ ] Leave 5 extra minutes if you are carrying loose powder.
- [ ] Unlabeled bags of powder are the slowest thing you can bring. Skip them.

Flying internationally

- [ ] Customs rules vary by country, and some restrict supplements.
- [ ] Bring a personal-use amount: about a 90-day supply or less.
- [ ] Original packaging with a clear ingredient label makes customs simple.

When you land

- [ ] Hotel gym or none: a packet and a bottle of water is a full serving.
- [ ] Same time every day. Consistency matters more than the exact hour.

The shortcut: one packet per day

Nutrition On The Go packets hold a full serving of protein plus 5g of creatine, sealed and labeled.
Try 6 Packets for $19.99 with free shipping: **nutritionotg.com/pages/lp-trial**

Rules summarized from tsa.gov (Protein or Energy Powders; Liquids Rule). TSA officers make the final call at the checkpoint.