

# Fueling Climbing

## WHAT TO EAT TO CRUSH YOUR ROUTE

Adapted from Nutrition for Climbers: Fuel for the Send (Fixed Pin Publishing)



### BEFORE

**If you have 2-4 hours before climbing:**

PB + J sandwich with chocolate milk  
Tuna sandwich + fruit and yogurt  
Oatmeal with fruit, nuts, and milk  
Smoothie with yogurt or protein powder

**If you have 30-60 minutes:**

Pretzels  
White bagel  
Fruit  
Sports drink  
Gummies  
Graham crackers  
Animal crackers  
Waffle or pancake



### DURING

**1-2 hour session:**

No food needed unless hungry.  
Drink as needed.

**2-4 hour session:**

Pretzels  
Applesauce pouch  
Bagel  
Gummies  
Gu or sports gel  
Sports drink  
Dried fruit

**All day climbing:**

Protein bar  
Protein shake  
Sandwiches  
Nut butter pouches  
Trail mix  
Gummies  
Fruit  
Cheese stick  
Jerky



### AFTER

**Turkey sandwich:** whole grain bread, cheese, avocado, and tomato. Side of carrots and hummus.

**Veggie omelet** with side of avocado toast and chocolate milk.

**Pasta** with tofu, chicken, beef, pork, or fish. Side of salad.

**Peanut butter and jelly sandwich** with side of fruit smoothie made with yogurt or protein powder.

**Tacos** with tofu, fish, chicken, beef, or pork + veggies, cheese, salsa, guacamole. With protein shake or smoothie.