

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.