

# The Gluten Free Guide to Travel

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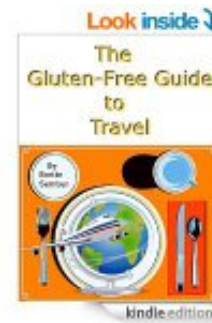
[The Gluten-Free Guide to Travel](#) by Brette Sember

Don't let your Celiac disease or gluten intolerance stop you from traveling!

The Gluten-Free Guide to Travel tells you everything you need to know to make traveling with this dietary restriction not only possible, but enjoyable.

Packed with resources for making your gluten-free trip successful, this is a book everyone who is Celiac or gluten-intolerant needs.

How to research your destination, where to stay, how to find restaurants and ensure your food is safe, and what to pack, as well as details about dining on cruises, tours, trains, excursions, and overseas make this the ultimate guide to help you feel comfortable heading out to explore the gluten-free world!



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