

## Backpacking Food Suggestions

### **Breakfast**

Pop Tarts  
Granola Bar  
Cereal Bar  
Apple  
Banana  
Oatmeal  
Dehydrated Eggs (Mountain House, etc.)  
Dried Fruit  
Fruit Cup  
Bagel  
Drink Powder (Gatorade, Hot Cocoa, etc.)

### **Lunch**

Sandwich (Lunch Meat, PB&J)  
Pita/Tortilla  
Carrot Sticks  
Beef Jerky/Sticks  
Crackers (Ritz, Triscuit, etc.)  
Cheese  
Tuna Fish (non-canned)  
Granola Bar  
Fruit Cup  
Drink Powder (Gatorade, etc.)

### **Dinner**

Ramen Cup Soup  
Dehydrated Spaghetti (Mountain House, Backpacker's Pantry, etc.)  
Dehydrated Beef Stew (Mountain House, Backpacker's Pantry, etc.)  
Dehydrated Chili Mac (Mountain House, Backpacker's Pantry, etc.)  
Easy Mac  
Beef Jerky/Sticks  
Crackers (Ritz, Triscuit, etc.)  
Cheese  
Tuna Fish (non-canned)  
Fruit Cup  
Cookies  
Drink Powder (Gatorade, Hot Cocoa, etc.)

### **Snacks**

Energy/Protein Bar (CLIF, Lara, Powerbar, etc.)  
Granola Bar  
Drink Powder (Gatorade, Hot Cocoa, etc.)  
Fruit Snacks  
Candy Bar  
Dried Fruit  
Chips/Pretzels/Goldfish Crackers

### **Trail Mix Ingredients**

Peanuts  
M&M's  
Granola  
Reeses Pieces  
Raisins  
Cranberries  
Dried Fruit  
Almonds  
Dried Cereal  
Pretzel Sticks

### **Avoid**

Can of Soup  
Can of Pop  
Energy Drinks  
Foil Dinner  
Ice Cream  
Microwave Popcorn

### **Tips and Important Reminders:**

The foods on this sheet are suggestions, but there are certainly a lot more choices than what is listed here, especially with the store-bought dehydrated meals.

Hot water will be available for breakfast and dinner, but not for lunch.

Look for foods that will provide you with protein, carbs, and fiber. These foods will give you more energy. Grains and nuts are good choices.

Sugar in foods is OK too, but don't go overboard. Sugar will not provide you with the sustained energy you need.

You need to be snacking throughout the day. Trail mix is important, as are energy bars, like CLIF bars, Lara bars, granola bars, protein bars, etc.

When making your trail mix, you don't have to be boring. Put in food that you like, but make sure to not go too crazy on the sugary stuff. Include some nuts, seeds, and grains, along with the chocolate/candy. Dried cereal (like cheerios or chex) is good too.

Avoid eating too many fatty foods during the day. They take longer to digest.

Dehydrated meals (like those from Mountain House and Backpacker's Pantry) are good choices for dinner, but they do contain a lot of sodium. You can pick these meals up at Dick's Sporting Goods. Dehydrated soup or Easy Mac is a good choice as well, but pair it with some protein, like beef jerky/sticks, and/or some cheese and crackers.

Dinner is a great time to have a treat, like some candy or cookies. You just completed a full-day of backpacking! Spoil yourself!

Don't forget, you have to carry your food, so try not to bring more than you think you will eat. It's tricky, because you will be burning a lot of calories, which you will need to replenish by eating, so just try your best when determining how much food to bring.

Don't bring canned foods. Not only does the can take up space, you have to pack the can out! However, you can empty the contents of the can into a ziploc bag before you leave. Try to avoid bringing any excess food packaging with you, as you will have to pack it out.

Avoid pop or energy drinks. Gatorade (or similar) powder is good though.

Avoid anything that needs to be refrigerated or microwaved.

Pack your food in ziploc bags, and pack it by meal. The bag can then be used to store your trash.