

BACKPACKING FOOD IDEAS



THIS IS A SAMPLE MEAL PLAN FOR ONE DAY ON AN AVERAGE BACKPACKING TRIP (EX. 8-12 MILES PER DAY).

ALL QUANTITIES ARE PER PERSON.

BREAKFAST

Aim for a mix of carbs, healthy fats, and filling protein to fuel the day ahead. We prep pre-measured Ziploc bags (1 per day) filled with oats and a nuts and seeds blend. It's a nourishing breakfast that's quick and easy. Simply boil water (1 cup for ½ cup oats), stir in a bowl, eat, and go.

- Quick oats (1/2 cup)
- Nuts and seeds blend
- Electrolyte packet (1)
- Coffee packet (1)

SAMPLE NUTS AND SEEDS BLEND:

- 2 TBSP ground almonds
- 1 TBSP chia seeds
- 1 TBSP hemp seeds
- 1 TBSP flax seeds
- 1 TBSP protein powder
- 1 tsp cinnamon

LUNCH

Lunch should be quick – something you can assemble on the trail and keep moving. For a filling protein that takes up minimal pack space, we like tuna packets with tortillas. It's not a glamorous meal, but it nourishes. Bring hot sauce packets to amp up the flavor, and round out lunch some of the day's snacks.

- Tuna packet (1)
- Tortillas (2)
- Hot sauce packet (1)

DAILY SNACKS

- Trail mix (1 cup)
- Protein bars (2)
- Jerky (1/3 bag)
- Dried fruit (1/4 cup)

DINNER

Backpacking meals are compact, and an effortless dinner after a long day on the trail. Supplement the meal with another electrolyte packet to replenish what you've lost today, and a few squares of chocolate for dessert – you earned it!

- Backpack meal (1/2 bag)
- Dark chocolate (2 squares)
- Electrolyte packet (1)

MEAL PLAN TIPS

- Bring a plastic water bottle for electrolyte packets. When ready to mix, simply fill bottle halfway, pour in powder, and shake.
- Always bring additional rations, in case of an emergency. We typically carry 1 day of extra food for a 3-4 day trip.