

## **Tips & Ideas for Backpacking Food**

Buying food for backpacking trips is a unique experience. Remember, you will have to look at your budget, as well as weight and the feasibility of making your food. Try to plan your menu around these things. To get you started, here's a list of great backpacking foods.

*Remember....all food must be at the November 15th meeting so that we can load it into backpacks and have backpacks inspected.*

### **Breakfast**

- Nutri-Grain Bars / Fruit Bars
- Dehydrated Fruit
- Oatmeal (Individual Packets)
- Pancake Mix
- Cold Cereal
- Toasted English Muffins w/ Spread
- Rice Cakes
- Toaster Pastries
- Bread

### **Lunch**

- Pita Bread / Flour Tortillas
- Peanut Butter / Spread
- Cheese (Bars, Chunks, String)
- Crackers
- Summer Sausage
- Apples

### **Dinner**

- Powdered Soup Mixes
- Pasta (Many Varieties)
- Hamburger Helper
- Dried Vegetables
- Rice
- Cookies / Brownies

### **Trail Food**

- Beef Jerky
- Peanuts, Other nuts
- Raisins
- Chocolate Chips
- Banana Chips
- Crackers
- Granola Bars

### **Drinks**

- Tang (Individual Packets)
- Kool-Aid (Individual Packets)
- Crystal Lite (Individual Packets)
- Hot Chocolate (Individual Packets)
- Powdered Milk

**Bob's Backpacking Bits** - Everything from what to bring, how to pack, and what to eat.

<http://www.personal.psu.edu/faculty/r/p/rpc1/bbb>