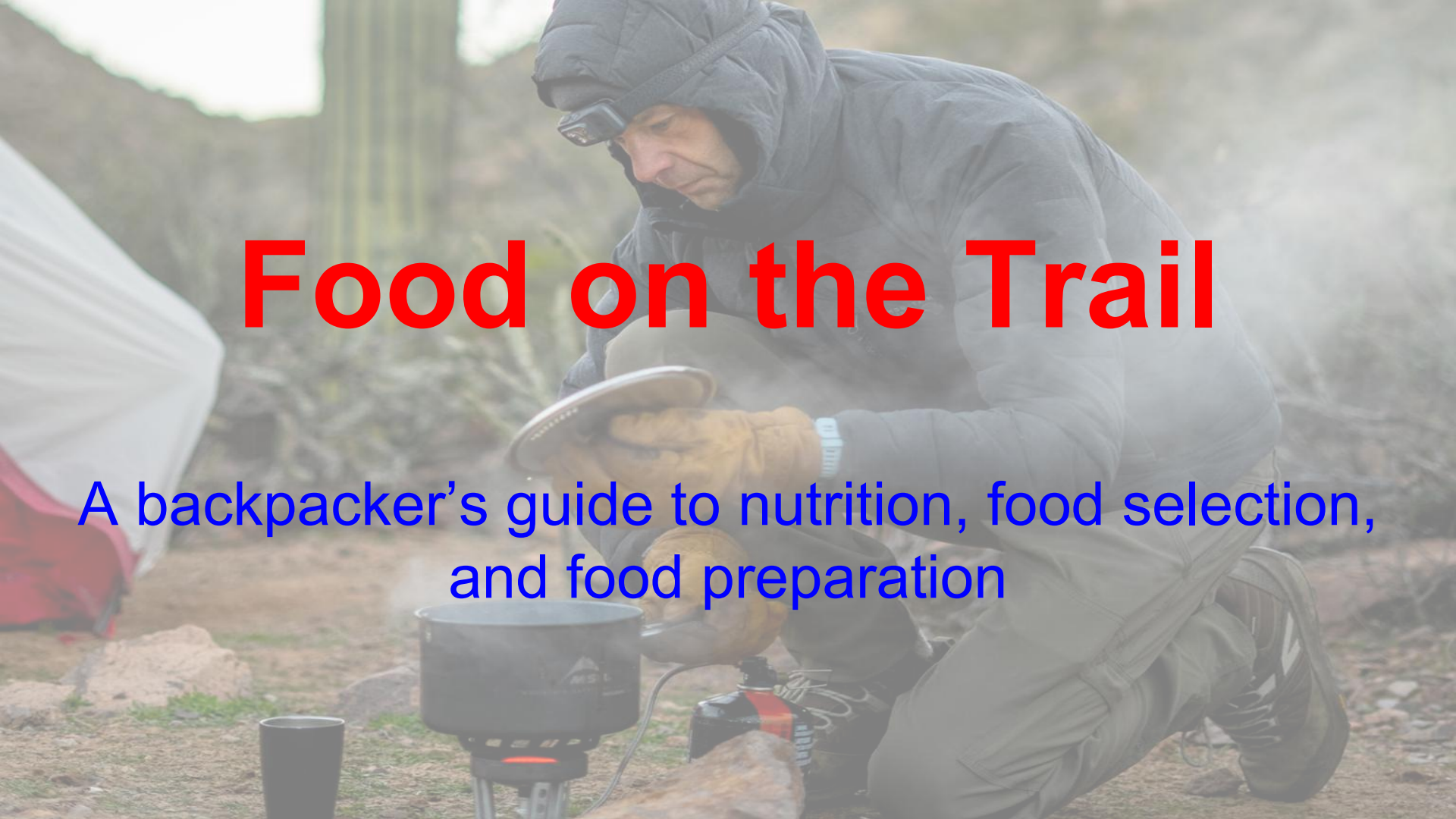


Food on the Trail

A backpacker’s guide to nutrition, food selection, and food preparation

NO HARM INTENDED *in any nutritional advice I give*

No disrespect is meant to anyone with a metabolic disorder, eating disorder, dietary restrictions whether medical or philosophical.

Food is personal preference and personal health. You do what works for you!

But there are standard science based nutritional recommendations that apply to us all because we're all the same animal.

There are also units of measure that are universal (calories, ounces, etc)

WHAT IS THE HEAVIEST THING IN YOUR PACK?

Probably your food bag!

What is FOOD?

What is food for backpackers?

1. Food is just FUEL
2. Food should be FINE CUISINE even on the trail

What is the rationale for the FOOD is FUEL argument?

1. There is no denying that you will be burning more calories backpacking than in regular life. The average diet for a moderately active adult male is 2500 calories/day and for a female is 2000 calories/day. *A backpacker will likely need 4000-5000 calories per day* due to the long continuous strenuous effort of hiking over mountains carrying a pack that may be around 20% of your body weight.
2. Without consuming the extra calories, you will lose weight and may suffer additional fatigue. *I'm assuming your hike isn't a dieting plan.*
3. To your body, **calories ARE FUEL!**

What is the rationale for the FOOD is FUEL argument?

4. Cooking is a chore. I just want food, lots of it, now!
5. I’m tired from hiking all day. I don’t have the energy or time to devote to preparing a fine meal
6. I’m so tired I don’t even want to wash dishes

What is the rationale for the FOOD is FUEL argument?

7. I don’t have the equipment to cook a fine meal
8. Many canister stoves don’t have a simmering type burner
9. I don’t want to carry multiple pots and pans for multi-step meal preparation
10. More pots and pans weigh more and that adds to the fatigue of hiking. They also require more space in your pack.

What is the rationale for the FOOD is FUEL argument?

11. I don't know how to cook fine cuisine even at home. It's going to be even harder out here.
12. Extra ingredients means more weight and space. More bags and containers for the variety of spices, sauces, condiments, etc
13. Fresh vegetables weigh more than the dehydrated or freeze dried stuff I usually eat
14. It would cost more to eat fresh food and all the extra spices, etc *(not always true)*
15. I eat great food at home and at trail towns for resupply, but out on the trail I tolerate lower quality food

What is the rationale for the FINE CUISINE argument?

1. Food is for comfort and quality at all times in my life. I'm not giving this up while I'm hiking
2. Food makes a great day hiking even better. It's something I look forward to at the end of the day
3. Food is part of a social event that I enjoy while hiking also

What is the rationale for the FINE CUISINE argument?

4. I am a very good cook at home and I think I can do it while hiking too
5. I like to cook. It's fun!
6. It doesn't have to cost more. Freeze dried backpacker meals are probably one of the more expensive options for meals for backpackers
7. I have dietary restrictions that limit what I can eat. Often such things as lowered salt intake or vegan diets are tough to do with some backpacker meals

Full disclosure:

My wife is a GREAT cook! She is the chef, I'm her helper. We eat what would be a $50-$100 restaurant meal at home a few nights each week, complete with candlelight and wine. It's part of our 42 year romance. There is no way that food on trail can be as good as what I eat at home and match this package deal.

She laughs or grimaces at some of the combos I describe eating on trail. That was her reaction to my latest dinner description of Knorr Pasta, 2 packets of EVOO tuna, and a 1 oz squeeze pouch of almond butter.

In my defense, on my three hikes on the AT totaling 1410 miles, averaging 15 miles per day, I had the energy to complete every trip and I haven't lost any weight.

My Approach

We're all biased about food. Around the world, people eat many different things.
My personal preferences/criteria for backpacking food are:

a. Food must meet my calorie and macronutrient needs (protein, carbohydrates and fat)
b. I look for high calorie density food (125 cal/oz or more)
c. High calorie density results in a lighter weight pack
d. Dinners should be made of ingredients that I like although the combinations might not be the kind of thing I'd eat at home
e. I TRY to make my meals taste fairly good, but my reference point is pretty high.
f. I avoid eating the same lunch and dinner 2 days in a row, but I accept duplicate breakfasts
g. It has to be simple to prepare and have little or no dishes to wash

My entire Kitchen Equipment

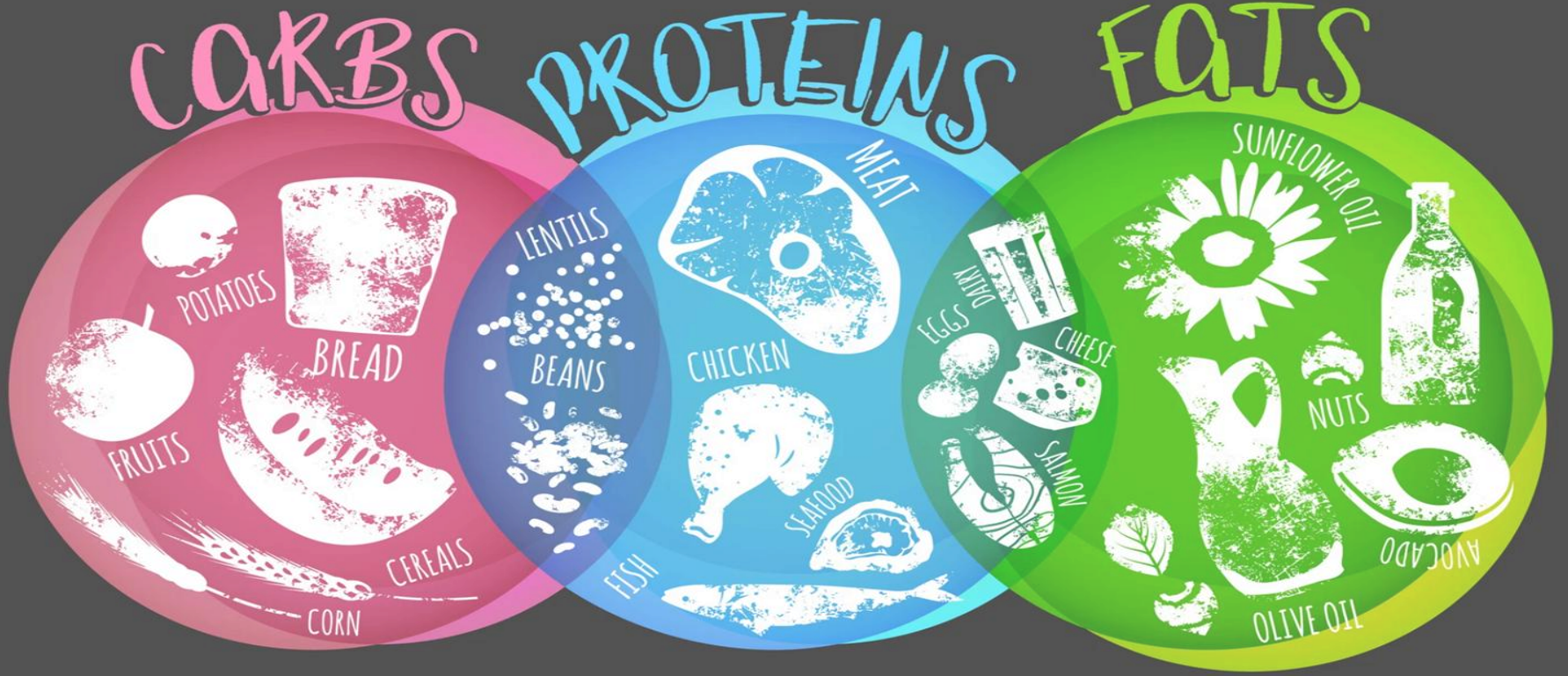
No other pots, pans, cups…

Just one very efficient stove that I rarely do anything except boil water.

Calories and Macronutrients
What does our 4500 calories per day look like?

Initially you might not be able to make yourself eat 4500 calories. If you're hiking the same amount from the first day to the last day of your hike, you will be burning more calories than you're used to. Your body hasn't adapted to the intake vs. output demands yet. Unless you're willing to lose weight, you have to make yourself eat. By the 5-7th day of hiking (or perhaps longer for some people), you will develop almost ravenous hunger. It's called **"Hiker Hunger."**

Macronutrients



What are Macronutrients and what do they do?

1. Protein, carbohydrates and fat are called macronutrients.
2. **Protein** is the primary building material for bones, muscles, skin, and other tissues. Protein is needed to **rebuild muscle** damage during demanding exercise, which hiking probably qualifies as demanding for most of us.
3. **Carbohydrates** are the **energy** for muscles during exercise, and fuel for the brain and other organ function.
4. **Fat** plays essential roles such as **store energy**, transporting fat soluble vitamins, secrete hormones, assist immune system, cellular processes, and nervous system function.

How much of each Protein do we need?

Protein

Endurance athletes need **1.6-2.0 grams per Kg of body weight**. Compare that to 0.8 grams per Kg for average mostly sedentary person.

1. Take your weight, divide by 2.2 to convert it to kg, then multiply by 1.6 or 2.
2. Or combining the above into one step, take your weight in pounds and multiply by ~0.75-1.0.
3. So a *150 lb person needs at least 115 grams, a 175 lb person needs at least 130 grams, and a 200 lb person needs at least 150 grams* of protein.
4. Unless you recognize this, you probably won't get enough protein.

How much of each Carbohydrate do we need?

Carbohydrates

Carbohydrates are our primary energy source. These include the simple sugars that you should limit during regular life. On trail, with your higher calorie needs, and energy needs during an 8-10 hour hike, simple sugars are needed. *A mix of simple and complex carbs will keep you fueled for hiking all day.* When you're fatigued and need a boost, you want some simple sugar plus some complex carbs, protein and fat to make the fuel last longer.

How much of each Carbohydrate do we need?

Carbohydrates

Simple sugars come in two forms: monosaccharides and disaccharides. Monosaccharides include glucose, fructose, and galactose. Disaccharides include sucrose, lactose, and maltose.

Starches are polysaccharides. Polysaccharides are just long chains of sugar molecules. *Your body breaks them down into the same glucose found in simple sugar.*

Is sugar bad?

Carbohydrates

The American Diabetes Association website says, *"When you eat or drink foods that have carbohydrate—also known as carbs—your body breaks those carbs down into glucose (a type of sugar), which then raises the level of glucose in your blood. Your body uses that glucose for fuel to keep you going throughout the day."*

So, **sugar isn't a poison** as RFK Jr said, "Sugar is poison and Americans need to know that it is poisoning us."

You still think sugar is bad?

Carbohydrates

Marathon runners during training and racing take in multiple simple sugar (monosaccharide) gels and drinks while they run. A long distance hiker is comparable except a marathon runner is exerting a higher output for a shorter time period (2-5 hours). A long distance hiker has a lower average output rate, but keeps up the effort for 8-10 hours per day, maybe for many days in a row.

How to improve carb absorption and blood sugar stability?

We absorb a mix of glucose and fructose better than either one alone. They are both monosaccharides (the simplest sugars). So, have some fruit or dried fruit with other sweets to get the fastest boost of energy.

Honey is a natural combination of glucose and fructose.

A small amount of protein and fat intake while consuming carbs enhances energy levels, keeps blood glucose level more steady, maintains muscle condition and aids in muscle recovery.

GORP is an example of mix of macros

How much of each Fat do we need?

Fat

1. **Protein and carbohydrates have 4 calories per gram. Fat has 9 calories per gram. *Yes, eating fat makes you fat because of this.* But while hiking, it gives you more calories for every pound of food you carry.**
2. At home you probably try to eat a lower fat diet. General guidelines say 20-35% of daily calories should come from fat. While on trail you'll want to go toward the **35%** end of the range, or higher. I do more than this… only while hiking long distance
3. Two nutritionists in an article on Backpacker online suggested 45% fat while hiking. Be cautious. Too much fat, and a change to this rate, can give digestive problems to some people.

How much of each Fat do we need?

4. **The fats you will be eating most on the trail are NOT the "BAD" saturated fats. Nuts, seeds, olive oil, etc are monounsaturated and polyunsaturated fats. The healthier fats. The Mediterranean diet includes approximately 30-40% of calories from fat, primarily unsaturated fats.**

Can you burn fat for energy while exercising?

If your energy output rate is only moderate for your level of fitness, you can burn fat as well as carbs during the exercise. This is a reflection of your level of aerobic conditioning. Your body naturally burns fat at rest and low intensity working levels. It's called the oxidative energy system. You have two other energy systems (the phosphagen system and the glycolytic system) for higher energy output levels, but most long distance hiking doesn't employ them. However, if the hike pace and elevation change exceeds the oxidative system capacity, it will switch over to these other systems. They can only use the creatine and glucose stored in your bloodstream, muscles and liver. Then when you run out of those, you "hit the wall." So practicing aerobic exercise trains your body to burn fat by increasing the capacity of this oxidative system.

How much of each Macronutrient do we need?

1. What is the desired ratio of macronutrients?
2. Endurance athlete recommendation is 60% carbohydrates, 20% protein, and 20% fat
3. But to increase the fat ratio to reduce backpack weight, we could shift to **50% carbohydrates, 15% protein, and 35% fat**
4. 4500 calories / 137 calories/oz = 32.8 oz = 918 grams
5. 918 grams x 15% = **138 grams of protein** *(good enough protein intake for 175 lb person)*
6. This also meets the recommendation that the ratio of carb to protein be **3:1 to 4:1**. As recommended by International Society of Sports Nutrition for endurance performance.

Calorie Density

With a 35% calories from fat diet, your calories density would be 137 calories per oz and 4500 calories would weigh 33 oz, or 2 lb 1 oz

1. (4 calories/gram x 0.65) + (9 calories/gram x 0.35) = 5.75 calories/gram mixed.
2. *It will actually be lower than this due to indigestible fiber and water weight in most food that aren't freeze dried*.
3. I find it usually works out to 5.75 x 0.85 = 4.9 calories/gram accounting for this.
4. This would be 137 calories per oz
5. Thus a 4500 calorie daily intake would weigh
    a. (4500 calories) / (4.9 calories/gram) = 918 grams
    b. Divide by 28 grams/oz = 32.8 oz (just a tiny bit over 2 lb per day)

Calorie Density

With a 20% calories from fat diet, your calories density would be 119 calories per oz and 4500 calories would weigh 38 oz, or 2 lb 6 oz. For a five day hike that's over 1.5 lbs more food weight you're carrying.

1. (4 calories/gram x 0.80) + (9 calories/gram x 0.2) = 5.0 calories/gram mixed.
2. *It will actually be lower than this due to indigestible fiber and water weight in most food that aren't freeze dried.*
3. I find it usually works out to 5.0 x 0.85 = 4.25 calories/gram accounting for this.
4. This would be 119 calories per oz
5. Thus a 4500 calorie daily intake would weigh
    a. (4500 calories) / (4.25 calories/gram) = 1058 grams
    b. Divide by 28 grams/oz = 38 oz

Calorie Density

If your calories density dropped to 100 calories per oz and 4500 calories would weigh 45 oz, or 2 lb 13 oz per day. **For a five day hike that's 3.75 lbs more food weight you're carrying!!!**

1. Thus a 4500 calorie daily intake would weigh
    a. (4500 calories) / (100 calories/oz) = 45 oz

Calorie Density Mistakes for Backpackers

1. Beef jerky is a prime example. One popular brand is only 80 calories/oz. 10 g protein, 6 g carb and only 1.5 g fat. That's 17% of calories from fat

Calorie Density Solutions for Backpackers

1. Instead of lean beef jerky, get some with a fraction of fat. Dukes sausages can be eaten directly or can be cut up and added to a dish. They are 146 cal/oz

Nutrition Facts

about 18 servings per container

Serving size **2 links (25g)**

Amount per serving

Calories **130**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 410mg	**18%**
Total Carbohydrate less than 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars less than 1g	
Includes less than 1g Added Sugars	**1%**
Protein 7g	**14%**

Calorie Density Mistakes for Backpackers

1. Many tuna fish or chicken packets are packed in water. They're a great source of low fat protein at home. 70 calories per 2.6 oz serving packet is 27 calories/oz

Nutrition Facts

Serving size	**1 pouch (74g)**
Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 430mg	19%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg 0% • Calcium 10mg 0%	
Iron 1mg 6% • Potassium 180mg 4%	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calorie Density Solutions for Backpackers

1. Tuna packed in oil rather than water. It's the same 2.6 oz package, but 180 cal instead of 70 cal. That's 2.5 times more energy for the same weight!
2. Now it's 69 calories/oz instead of 27 cal/oz. Salmon @ 190 cal per bag would be 73 calories/oz

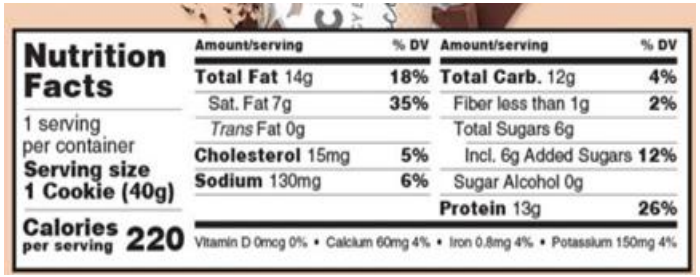
Calorie Density Solutions for Backpackers

1. Instant oatmeal, a common breakfast on trail, works out to 104 calories /oz
2. Add some whole milk powder (138 cal/oz) to it and the combination is even better

Nutrition Facts	Maple & Brown Sugar		Apples & Cinnamon		Cinnamon & Spice		Original	
Serving Size 1 Packet	(43 g)		(43 g)		(43 g)		(28 g)	
Servings Per Container	18		15		14		5	
Amount Per Serving								
Calories	160		160		160		100	
Calories from Fat	20		20		20		20	
		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	2g	3%	2g	3%	2g	3%	2g	3%
Saturated Fat	0.5g	2%	0g	0%	0.5g	2%	0.5g	2%
Trans Fat	0g		0g		0g		0g	
Polyunsaturated Fat	0.5g		0.5g		0.5g		0.5g	
Monounsaturated Fat	1g		0.5g		1g		0.5g	
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%
Sodium	260mg	11%	200mg	8%	210mg	9%	75mg	3%
Potassium	115mg	3%	140mg	4%	120mg	3%	105mg	3%
Total Carbohydrate	32g	11%	33g	11%	32g	11%	19g	6%
Dietary Fiber	3g	12%	4g	14%	3g	12%	3g	11%
Soluble Fiber	1g		1g		1g		1g	
Sugars	12g		12g		11g		0g	
Protein	4g		4g		4g		4g	

Calorie Density Mistakes/Solutions for Backpackers

1. Hikers often eat a lot of bars. There are hundreds to choose from. Compare these two readily available bars:
2. Power Crunch: Smores flavor is 156 calories /oz (as are most of the Power Crunch bars)
3. Clif Bar Crunchy Peanut Butter is 108 calories /oz
4. Most Clif Bars are only 104-108 calories /oz



Nutrition Facts

1 serving per container
Serving size 1 Cookie (40g)

Calories per serving 220

Amount/serving	% DV	Amount/serving	% DV
Total Fat 14g	**18%**	**Total Carb.** 12g	**4%**
Sat. Fat 7g	**35%**	Fiber less than 1g	**2%**
Trans Fat 0g		Total Sugars 6g	
Cholesterol 15mg	**5%**	Incl. 6g Added Sugars	**12%**
Sodium 130mg	**6%**	Sugar Alcohol 0g	
		Protein 13g	**26%**

Vitamin D 0mcg 0% • Calcium 60mg 4% • Iron 0.8mg 4% • Potassium 150mg 4%

Nutrition Facts

Serv. size 1 bar (68g)

Calories per serving 260

Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
Total Fat 8g	**10%**	**Cholesterol** 0mg	**0%**	Total Sugars 17g	
Sat. Fat 1g	**6%**	**Sodium** 230mg	**10%**	Incl. 15g Added Sugars	**30%**
Trans Fat 0g		**Total Carb.** 40g	**15%**	**Protein** 11g	**18%**
Polyunsat. Fat 3g		Dietary Fiber 5g	**19%**		
Monounsat. Fat 3.5g					

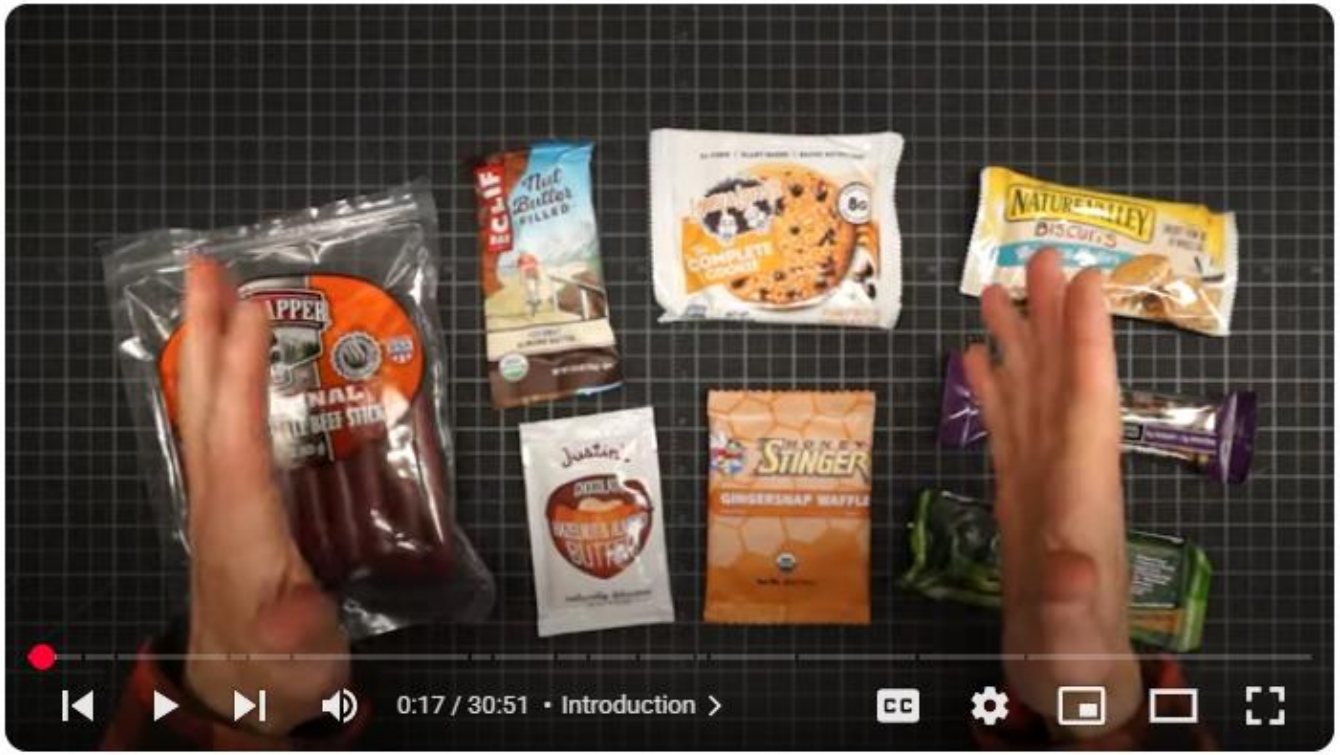
Vit. D 0mcg 0% • Calcium 39mg 4% • Iron 2mg 10% • Potas. 253mg 6% • Vit. E 6% • Phosphorus 15% • Magnesium 15%

220 cal / 1.4 oz = 157 cal/oz

260 cal / 2.4 oz = 108 cal/oz

45% more calories per ounce

Where to find this info without all the calculations? The Gear Skeptic has 11 videos that explain all of this and provide you a spreadsheet with thousands of foods called Hiker Food 2.5



https://www.youtube.com/watch?v=gbmQRmuv88c&list=PLEu_UfyDKJALXcpeEtToxO9NEpwJKTKX_

Download the Hiker Food Chart 2.5:

Here are the links to the PDF and Excel versions. You can save a copy and use Google Sheets to work with the Excel version if you don't use Excel

PDF Version:

https://www.dropbox.com/scl/fi/u1vt57...

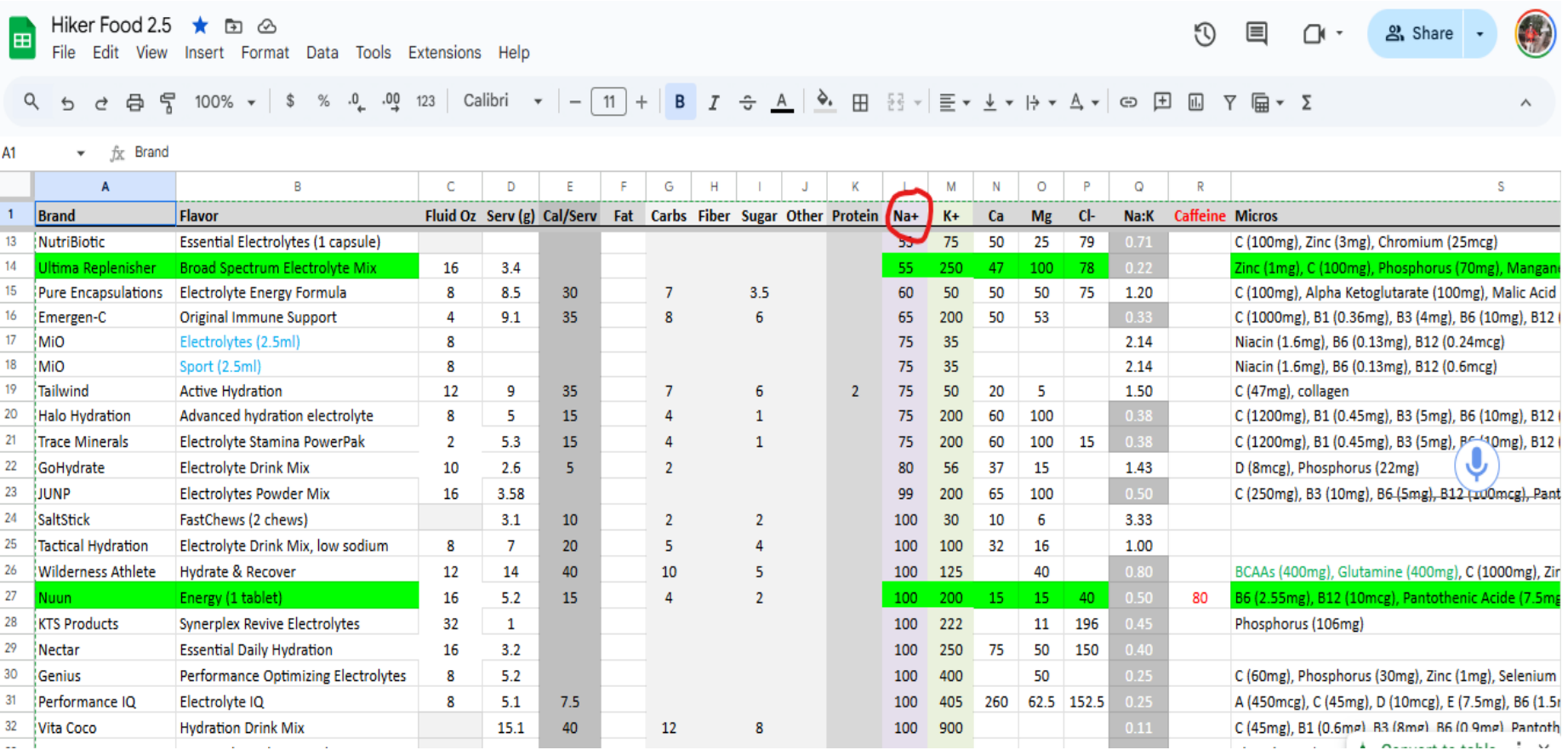
Excel Version:

https://www.dropbox.com/scl/fi/bgwzfi...

Don’t forget to drink plenty of water

1. With or without electrolytes, you will need more liquids while hiking than your usual sedentary life.
2. You will likely be getting plenty of sodium from the processed food you’re eating.
3. If you use an electrolyte powder, look for one that’s lower in sodium but has several other electrolytes that your body needs like potassium, calcium, magnesium, etc
4. On the Gear Skeptic’s Hiker Food 2.5 chart, see the tab at the bottom labelled “electrolytes.” You can sort the sheet by the sodium column. Then look for an electrolyte that is low sodium but has a wide assortment of the other electrolytes. See my sample next page. The two highlighted green are good suggestions.

Hiker Food 2.5 Electrolyte sheet sorted by Na+



Brand	Flavor	Fluid Oz	Serv (g)	Cal/Serv	Fat	Carbs	Fiber	Sugar	Other	Protein	Na+	K+	Ca	Mg	Cl-	Na:K	Caffeine	Micros
NutriBiotic	Essential Electrolytes (1 capsule)										55	75	50	25	79	0.71		C (100mg), Zinc (3mg), Chromium (25mcg)
Ultima Replenisher	Broad Spectrum Electrolyte Mix	16	3.4								55	250	47	100	78	0.22		Zinc (1mg), C (100mg), Phosphorus (70mg), Mangan
Pure Encapsulations	Electrolyte Energy Formula	8	8.5	30		7		3.5			60	50	50	50	75	1.20		C (100mg), Alpha Ketoglutarate (100mg), Malic Acid
Emergen-C	Original Immune Support	4	9.1	35		8		6			65	200	50	53		0.33		C (1000mg), B1 (0.36mg), B3 (4mg), B6 (10mg), B12
MiO	Electrolytes (2.5ml)	8									75	35				2.14		Niacin (1.6mg), B6 (0.13mg), B12 (0.24mcg)
MiO	Sport (2.5ml)	8									75	35				2.14		Niacin (1.6mg), B6 (0.13mg), B12 (0.6mcg)
Tailwind	Active Hydration	12	9	35		7		6		2	75	50	20	5		1.50		C (47mg), collagen
Halo Hydration	Advanced hydration electrolyte	8	5	15		4		1			75	200	60	100		0.38		C (1200mg), B1 (0.45mg), B3 (5mg), B6 (10mg), B12
Trace Minerals	Electrolyte Stamina PowerPak	2	5.3	15		4		1			75	200	60	100	15	0.38		C (1200mg), B1 (0.45mg), B3 (5mg), B6 (10mg), B12
GoHydrate	Electrolyte Drink Mix	10	2.6	5		2					80	56	37	15		1.43		D (8mcg), Phosphorus (22mg)
JUNP	Electrolytes Powder Mix	16	3.58								99	200	65	100		0.50		C (250mg), B3 (10mg), B6 (5mg), B12 (100mcg), Pant
SaltStick	FastChews (2 chews)		3.1	10		2		2			100	30	10	6		3.33		
Tactical Hydration	Electrolyte Drink Mix, low sodium	8	7	20		5		4			100	100	32	16		1.00		
Wilderness Athlete	Hydrate & Recover	12	14	40		10		5			100	125		40		0.80		BCAAs (400mg), Glutamine (400mg), C (1000mg), Zir
Nuun	Energy (1 tablet)	16	5.2	15		4		2			100	200	15	15	40	0.50	80	B6 (2.55mg), B12 (10mcg), Pantothenic Acide (7.5mg
KTS Products	Synerplex Revive Electrolytes	32	1								100	222		11	196	0.45		Phosphorus (106mg)
Nectar	Essential Daily Hydration	16	3.2								100	250	75	50	150	0.40		
Genius	Performance Optimizing Electrolytes	8	5.2								100	400		50		0.25		C (60mg), Phosphorus (30mg), Zinc (1mg), Selenium
Performance IQ	Electrolyte IQ	8	5.1	7.5							100	405	260	62.5	152.5	0.25		A (450mcg), C (45mg), D (10mcg), E (7.5mg), B6 (1.5
Vita Coco	Hydration Drink Mix		15.1	40		12		8			100	900				0.11		C (45mg), B1 (0.6mg), B3 (8mg), B6 (0.9mg), Pantoth

Facebook Recipes from TATC Members

From replies to my May 28, 2025 TATC Group Page post

Aubrey Ansell says

Chicken Quesadilla:
5” flour tortilla
Chicken from can or foil pak unflavored
2 Taco Bell hot sauce packs
Cheddar cheese

Simple heat tortilla in a thin aluminum frying pan, add chicken, sauce, cheese fold and eat. Not a summer meal but fine in fall and spring in cooler weather. I cook on a jet boil using the pan attachment, it’s fast, clean and taste great.

John Sima says,

Aubrey Ansell I do that alot but do it for lunch, Cold! Walmart brand Applewood smoked chicken foil pack tastes great. I just use a cheese stick of your choice and yes to the Taco Bell sauce!Add here

Facebook Recipes from TATC Members

Facebook Recipes from TATC Members

Brian Richie says,

Ribeye, brussel sprouts, and instant potatoes.

Equipment:

Skillet, fork, knife, spatula or spoon, stove.

Ingredients: ribeye, brussel sprouts, pack of instant potatoes, water, salt, pepper, garlic powder, smoked paprika, rosemary.

At home: season ribeye with salt, pepper, garlic powder, and smoked paprika. Place in freezer bag with rosemary sprigs. Freeze until day of trip.

Cut brussel sprouts into quarters and toss with olive oil, salt, pepper, and paprika. Place in freezer bag in fridge.

Facebook Recipes from TATC Members

Brian Richie continues,

Prep:

Ensure steak is completely thawed.
Heat skillet on high.
Place steak in hot skillet and sear on each side until desired doneness.
Let steak rest for 10 mins. Reduce heat to medium.
In same skillet, add sprouts. The steaks fat and oil from the sprouts bag will cook the sprouts (about 7-10 mins)
Once sprouts are done, remove them from the skillet, return heat to high, and add water until it boils. Once boiling, add contents of potato packet and cook according to the package instructions.
Serve and enjoy.
Note: thawing the steak and still trying to observe food safety is tricky. You want the steak thawed but also don't want to carry thawed meat for any longer than necessary.

Facebook Recipes from TATC Members

Don Williams asked,
Brian Richie how do you keep it cold on a multiday summer hike? Do you just eat it the first day? I could see that as a great plan

Brian Richie replied,
Donald Williams I either eat this night 1 or 2 depending on ambient temperature. If it's night 2, I pack it in a cooler in the car so it's still frozen when I hit the trail and I wrap it in my puffy to insulate it.

Facebook Recipes from TATC Members

Practical Matters

1. If you rehydrate freeze dried or dehydrated food, *make sure you drink plenty of liquid just in case you ate food that wasn't quite fully rehydrated*. Your stomach will thank you.
2. *Packaging* that has a foil lining inside can *withstand boiling water*. Examples of this are Knorr Pasta or Rice, Idahoan Potatoes (may be older packaging), some Ramen noodles, etc. Some of the plastic packaging can withstand boiling water also without deforming. I've done it with (new?) packaging for Idahoan Potatoes and Shin Gold Ramen noodles. *Why do we care? NO DIRTY DISHES!*
3. If you have a lot of miles to hike some day, *make breakfast and lunch quicker by eating no cook meals.* You can cover long distances hiking just by walking more hours.

Practical Matters

4. ***Enjoying food is a matter of expectations and perception.*** If you plan on eating just one cooked meal per day, you'll be happy enough. The other meals can be simpler no-cook meals. It saves time and fuel.
5. If you boil the water for your coffee, tea or meal, you don't have to treat the water first (filter, chemical, UV, etc). *The boiling IS the water treatment.* This saves time filtering or chemical treating the water, and reduces the clogging of your filter.
6. *Stoves are more efficient if you throttle the valve* a bit. The flame shouldn't be throwing heat around the sides of the pot much. If it is, you're wasting fuel.
7. **Don't throw food out around camp.** It will attract mice and bears. Burying food doesn't work unless you dig a really deep hole, which you aren't doing. **PACK IT OUT!**

Practical Matters

8. Don’t forget no cook options. Couscous or Ramen noodles rehydrate in a little over an hour in cold water. Just add olive oil and spices. Great lunch or dinner without cooking! It’s called “COLD SOAKING”

Practical Matters: Repackage your meals

9. Cereal is very easy (and less expensive than backpacker specialty mixes) to prepare at home. Just combine a calorie dense tasty cereal with whole milk powder and some freeze dried fruit.

Any Questions?

Photos of my food and my spreadsheet shown at the club meeting are on the next 4 pages as requested by members at the meeting.

Day 1 and 3 food

1	Brand	Flavor	Class	Ounces	Grams	kcal	Fat	Na	K	Carbs	Fiber	Sugar	Other	Protein	kcal/g	kcal/oz	Carb/Pro	Fat %	Sugar %	Na/kcal
2	Kind	Dark Chocolate Peanut Butter	Cereal	1.06	30	130	5	60		18	3	5	10	3	4.33	123	6.0	35%	16%	0.46
3	Kind	Dark Chocolate Peanut Butter	Cereal	1.06	30	130	5	60		18	3	5	10	3	4.33	123	6.0	35%	16%	0.46
4	Kind	Dark Chocolate Peanut Butter	Cereal	1.06	30	130	5	60		18	3	5	10	3	4.33	123	6.0	35%	16%	0.46
5	Kind	Dark Chocolate Peanut Butter	Cereal	1.06	30	130	5	60		18	3	5	10	3	4.33	123	6.0	35%	16%	0.46
6	Judees	Whole milk powder	Milk	1.23	35	170	9	130		13	0	0	13	9	4.86	138	1.4	48%	0%	0.76
7	Duke's	Smoked Shorty Sausages, Original Recipe	Meat	0.88	25	130	11	410	120	1	0	1	0	7	5.20	147	0.1	76%	3%	3.15
8	Duke's	Smoked Shorty Sausages, Original Recipe	Meat	0.88	25	130	11	410	120	1	0	1	0	7	5.20	147	0.1	76%	3%	3.15
9	Archway	Ginger Snap	Cookie	1.20	34	160	6	115	0	25	1	12	12	1	4.71	133	25.0	34%	30%	0.72
10	Kind	Almond & Coconut	Bar	1.41	40	190	14	10	150	19	2	13	4	3	4.75	135	6.3	59%	24%	0.05
11	Pop Tarts	Blue Raspberry	Pastry	3.39	96	370	9	320	50	70	1	30	39	3	3.85	109	23.3	22%	32%	0.86
12	Hain Celestial	Parm Crisps	Cracker	0.99	28	160	11	530		1	0	0	1	14	5.71	162	0.1	62%	0%	3.31
13	Honey Stinger	Waffle, Vanilla	Pastry	1.06	30	150	7	60		21	1	11	9	1	5.00	142	21.0	42%	29%	0.40
14	Lenny & Larry's	Snickerdoodle	Cookie	3.99	113	460	17	510	298	56	10	26	20	16	4.07	115	3.5	35%	24%	1.11
15	Honey Stinger	Waffle, Vanilla	Pastry	1.06	30	150	7	60		21	1	11	9	1	5.00	142	21.0	42%	29%	0.40
16	Power Crunch	Chocolate Mint	Bar	1.41	40	220	14	100	150	11	1	5	5	13	5.50	156	0.8	57%	9%	0.45
17	Justin's	Classic Almond Butter	Nut Butter	1.13	32	220	19	10	190	5	3	1	1	6	6.88	195	0.8	80%	2%	0.05
18	Peak Refuel	Beef Pasta Marinara	Entrée	3.17	90	520	27	470	312	28	2	3	23	24	5.78	164	1.2	54%	3%	0.90
19	Peak Refuel	Beef Pasta Marinara	Entrée	3.17	90	520	27	470	312	28	2	3	23	24	5.78	164	1.2	54%	3%	0.90
20	Kirkland	Extra Virgin Olive Oil	Bump	0.49	14	125	14	0		0	0	0	0	0	8.93	253	#DIV/0!	100%	0%	0.00
21																				
22			Totals:	29.70	842	4195	223	3845	1702	372	36	137	199	141	4.98	141	2.6	49%	14%	0.92
23																				
24																				
25		Breakfast				950														
26		Lunch				1140														
27		Dinner				1385														
28																				


DUKE'S
ORIGINAL RECIPE
50% MORE
Oven-Baked
VALUE SIZE
PARM CRISPS
CHEESE SNACK
Original
NET WT 5 OZ (142g)
KIND
REFUEL
PREMIUM FREEZE-DRIED
CHEESY CHICKEN & BROCCOLI
HONEY STINGER
ENERGY WAFFLE
HONEY STINGER
ENERGY WAFFLE
Justin's
ALMOND BUTTER
naturally delicious

Day 2 and 4 food

Brand	Flavor	Class	Ounces	Grams	kcal	Fat	Na	K	Carbs	Fiber	Sugar	Other	Protein	kcal/g	kcal/oz	Carb/Pro	Fat %	Sugar %	Na/kcal
Kind	Dark Chocolate Peanut Butter	Cereal	1.06	30	130	5	60		18	3	5	10	3	4.33	123	6.0	35%	16%	0.46
Kind	Dark Chocolate Peanut Butter	Cereal	1.06	30	130	5	60		18	3	5	10	3	4.33	123	6.0	35%	16%	0.46
Kind	Dark Chocolate Peanut Butter	Cereal	1.06	30	130	5	60		18	3	5	10	3	4.33	123	6.0	35%	16%	0.46
Kind	Dark Chocolate Peanut Butter	Cereal	1.06	30	130	5	60		18	3	5	10	3	4.33	123	6.0	35%	16%	0.46
Judees	Whole milk powder	Milk	1.23	35	170	9	130		13	0	0	13	9	4.86	138	1.4	48%	0%	0.76
Duke's	Smoked Shorty Sausages, Original Recipe	Meat	0.88	25	130	11	410	120	1	0	1	0	7	5.20	147	0.1	76%	3%	3.15
Duke's	Smoked Shorty Sausages, Original Recipe	Meat	0.88	25	130	11	410	120	1	0	1	0	7	5.20	147	0.1	76%	3%	3.15
Pop Tarts	Blue Raspberry	Pastry	3.39	96	370	9	320	50	70	1	30	39	3	3.85	109	23.3	22%	32%	0.86
Kind	Almond & Coconut	Bar	1.41	40	190	14	10	150	19	2	13	4	3	4.75	135	6.3	59%	24%	0.05
Archway	Ginger Snap	Cookie	1.20	34	160	6	115	0	25	1	12	12	1	4.71	133	25.0	34%	30%	0.72
Hain Celestial	Parm Crisps	Cracker	0.99	28	160	11	530		1	0	0	1	14	5.71	162	0.1	62%	0%	3.31
Kroger	Whole Wheat Tortillas	Bread	1.59	45	140	3.5	510		24	1	1	22	4	3.11	88	6.0	22%	3%	3.64
Kroger	Meat Stick	Meat	0.95	27	130	11	410		2	1	1	0	6	4.81	136	0.3	76%	3%	3.15
Kroger	Meat Stick	Meat	0.95	27	130	11	410		2	1	1	0	6	4.81	136	0.3	76%	3%	3.15
Honey Stinger	Gold	Gel	1.20	34	100	0	50	85	27		27	0	0	2.94	83	#DIV/0!	0%	100%	0.50
Justin's	Classic Almond Butter	Nut Butter	1.13	32	220	19	10	190	5	3	1	1	6	6.88	195	0.8	80%	2%	0.05
Honey Stinger	Waffle, Vanilla	Pastry	1.06	30	150	7	60		21	1	11	9	1	5.00	142	21.0	42%	29%	0.40
Power Crunch	Chocolate Mint	Bar	1.41	40	220	14	100	150	11	1	5	5	13	5.50	156	0.8	57%	9%	0.45
Knorr (Pasta Sides)	Alfredo	Sides	2.26	64	250	3.5	660		44	2	3	39	9	3.91	111	4.9	13%	5%	2.64
Knorr (Pasta Sides)	Alfredo	Sides	2.26	64	250	3.5	660		44	2	3	39	9	3.91	111	4.9	13%	5%	2.64
StarKist	E.V.O.O. Yellowfin Tuna (extra virgin olive oil)	Meat	2.61	74	180	12	200		0	0	0	0	18	2.43	69	0.0	60%	0%	1.11
StarKist	E.V.O.O. Yellowfin Tuna (extra virgin olive oil)	Meat	2.61	74	180	12	200		0	0	0	0	18	2.43	69	0.0	60%	0%	1.11
Kirkland	Extra Virgin Olive Oil	Bump	0.49	14	125	14	0		0	0	0	0	0	8.93	253	#DIV/0!	100%	0%	0.00
Justin's	Classic Almond Butter	Nut Butter	1.13	32	220	19	10	190	5	3	1	1	6	6.88	195	0.8	80%	2%	0.05
		Totals:	33.86	960	4125	221	5445	1055	387	31	131	225	152	4.30	122	2.5	48%	13%	1.32

Breakfast	950
Lunch	880
Dinner	1205


Oven-Baked
PARM CRISPS
CHEESE SNACK
Original
VALUE SIZE
Knorr
TERIYAKI NOODLES
StarKist
E.V.O.O.
WILD YELLOWFIN TUNA
in EXTRA VIRGIN OLIVE OIL
HONEY STINGER
ENERGY WAFFLE
KIND