

Backpacking Sample Menus

(You eat good and sleep good, you'll be good)

When preparing your menu for a backpacking trip there are a few things that you need to consider. Cost is the first. You can spend a lot on freeze dried backpacking food or if you have a slim budget there are other alternatives. It is important to make sure to bring enough food. Due to the physical exertion you will be hungrier than normal unless your an athlete. Understand this there is no pantry to grab a snack out of or a fast food restaurant. What you pack is what you have for three and half days so think it out.

Keep in mind you want stuff that won't get crushed!

The Expensive

Go to REI or Wal-mart and buy freeze dried everything! It's lighter for the most part it tastes good and if you have the money why not?

The In Between

Buy three freeze dried meals for your dinners. Lunch and breakfast get creative.

The Cheap

Get creative and start in Wal-mart they have some sweet deals on food. Just keep in mind before you buy the Denty Moore Beef Stew that weight does matter. Lighter the better.

Sample Menus:

Other than Freeze Dried Meals

<p>Breakfast: (1 or 2) Instant Oatmeal Packets Bagel with Jelly Coffee or Hot Chocolate Dried Fruit</p>	<p>Breakfast: Corned Beef Hash or Spam Coffee or Hot Chocolate Instant Oatmeal or Dry Cereal</p>
<p>Lunch or Dinner: Top Ramen (\$0.14) Tuna in the Pouch (\$1.48) Gatorade</p>	<p>Lunch: Goober Grape or Strawberry Sourdough Rolls Gatorade</p>
<p>Lunch or Dinner: Easy Mac N Cheese Tuna in the Pouch (\$1.48) Gatorade</p>	<p>Lunch or Dinner: Knorr Teriyaki Noodles (\$1.38) Sweet and Spicy Tuna (\$1.48) Gatorade</p>
<p>Snacks: Granola Bars, Trail Mix, Beef Jerky, Cliff Bars, Power Bars, Dried Fruit, Pringles, etc. Bring Hot Chocolate for the Nights as well as the mornings.</p>	<p>Lunch or Dinner: Stove Top Stuffing Bacon Bits Gravy</p>