

Food List for WEEKEND Backpacking Trips

Breakfast for 2 Breakfast's:

Oatmeal
Granola Bars
Fruit Bars
Pop Tarts
Freeze Dried food/breakfasts

Drinks:

Hot Cocoa
Apple Cider

Lunch normally for 1 lunch:

Tortillas
Crackers
Tris cuts
Summer Sausage
Pepperoni
Spam in a package
Tuna in a package
Peanut butter & Jelly in a zip lock or individual packs
squeeze cheese
Nutella
Sliced block cheese/it can also be frozen
Any sliced hard salami

Dinner normally for 1 dinner: Stay away from things with heavy sauces or thick cheese exam: Mac & Cheese

Take anything that you can add water

Ramen Noodle Soup
Instant Mashed Potatoes
Dried beef/jerky
Microwave rice in package...just add water
Freeze dried food
Tuna fish in package
Spam in package
chicken in package
Fruit – apples, oranges...something that would travel well

Snacks:

Trail mix
fruit – apples, oranges

Utensils:

Pocket Rocket for hot water
Thick Cup/mess kit to drink water and also to eat out of/cook with