

# Backpacking Food Ideas

## BREAKFAST

- Instant oatmeal
- Granola bar
- Malt-O-Meal
- Pour & Cook pancakes
- Hot chocolate
- Coffee (adults only)

## LUNCH

- Sandwich spreadables
- Crackers
- Squeeze cheese
- Squeeze peanut butter & jelly
- Chips
- Pita bread
- Canned meats
- Hudson Bay bread with peanut butter

## TRAIL SNACKS

- Peanuts
- Dried fruits
- Raisins
- Dried banana chips & apple slices
- Beef jerky
- Almonds

## DINNER

- Ramen Pride noodles
- Lipton Noodle dishes
- Instant soups in bags (not plastic bowls)
- Instant potatoes (use powdered milk)
- Instant rice - with chicken or beef
- Spaghetti and meat sauce
- Macaroni and cheese
- Biscuits on a stick
- Instant pudding
- Instant tuna casserole with canned tuna
- Freeze dried vegetables
- Packaged freeze dried dinners
- Hot cider
- Hot chocolate

## ENERGY BARS

- Balance
- Bear Valley
- Clif Bar
- Forza!
- Hoffman's Energy Bar
- Meal on the Go