

Hiker's Food Guide

Breakfast:

- Powdered Egg Crystals
- Instant Oatmeal
- Instant Coffee/Tea
- All-In-One Shakes
- Freeze Dried Meals
- Hot Cereal

Dinner:

- Freeze Dried Meals
- Instant Rice
- Ramen
- Chili
- Quinoa Bowl
- Stew
- Egg Salad

katie
outdoors

katieoutdoors.wordpress.com

Lunch:

- Tuna (in foil packets)
- Meal Bars
- Jerky/Meat Sticks
- Spam

Snacks:

- Dehydrated Fruits
- Energy Bars/Balls
- Trail Mix

Tips:

- biodegradable packaging is ideal
- aim for as many nutrient dense foods as you can find
- lightweight foods are best for having to carry
- overpack food to be safe
- only pack food you like