

# 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



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## 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