

BACKPACKING MEALS / MENUS

When planning Backpacking meals, some Key Factors for consideration are:

- food weight
- amount of space taken up in the backpack
- how much water is needed to cook the meals
- how long will it take to prepare the meals, when trek mileage needs to be covered
- can the meals be prepared with lightweight cooking gear
- what kind of mess is involved and how much water and gear is needed to clean up after cooking
- can the meal trash easily be packed (leak-proof) and carried out in your backpack

BREAKFAST IDEAS:

- Bagels
- Fruit (pack up top so it doesn't get squished or bruised)
- Pop-tarts (pack them up top, where they won't get crushed into crumbs)
- Instant Oatmeal (can pour hot water into the bag and eat from it – don't burn your hands)
- Pancakes (need water to cook, and a little time to cook and clean up)

LUNCH IDEAS:

- Sandwiches (preferably with reasonably non-perishable fixings, i.e., PB&J)
- Tuna and Crackers (in foil pack, although some scouts might not like tuna)
- Summer sausage / Cheese / Peanut butter and Crackers
- Ramen Noodles (need water to cook and clean)

DINNER IDEAS:

- Mountain House or any other freeze-dried meals (need water to cook and clean)
- Ramen Noodles (need water to cook and clean)
- Mashed Potatoes and Gravy (both from powder, need water to cook and clean)

SNACK IDEAS:

- Dried Fruit
- Granola Bars
- Carrot Sticks
- Go-Gurt
- Beef Jerky
- Trail Mix
- Pringles (single-serving packs)
- Cookies (pack them up top, where they won't get crushed into crumbs)
- Candy Bars (not the healthiest option and won't help with the food group requirements for Grubmaster)

BEVERAGE IDEAS:

- Water (**always be prepared to purify it**)
- Crystal Light packs/powder
- Kool-Aid powder
- Instant Tea
- Instant Coffee (with sugar and creamer packs for taste as needed)
- Hot Cocoa packs
- Mio

Feel free to improvise as desired, and those are only some examples of backpacking foods that work well based on my experience.

NOTE: For Grubmaster advancement you need to make sure you have the food groups covered in your menu, and that you cook two meals (boiling water and/or making pancakes or mashed potatoes counts).

- Dried fruit or pop-tarts could cover the Fruit group.

- Mountain House, sausage, tuna, or sandwiches (depending on sandwich type) could cover the Meat group.
- Bagels, pop-tarts, oatmeal, or sandwiches could cover the Grains.
- Cheese or Go-Gurt could cover the Dairy group.
- Carrot sticks or possibly some ingredients in Mountain House meals could cover the Vegetables.