Main background image – 1000(w) X 400(h)

Slide image – 500(w) X 300(h)

Thumb – 62(w) X 32(h)

Text for slides

1. Logo
2. For people new to overnight backpacking there is a misconception related to food. Many people believe that you are forced to live off things like G.O.R.P, beef jerky & freeze dried meals.
3. Nothing is farther from the truth. While you may not have the luxury of a full kitchen and pantry to prepare your meals, with a little planning you can dine like wilderness royalty.
4. New hikers should consider shorter hikes. A 2-3 night hike can be more rewarding than you think. This approach will allow you to learn the basic skills need for any length hike but provide you with a greater opportunity to enjoy the trip without stressing over the details.
5. Meal planning
   1. Answer these three simple questions and you will be well on your way to a successful outdoor adventure.
      1. How long is your trip
         1. How many meals you need
         2. How will you transport & store your food
      2. How will you cook
         1. Can you build a fire
         2. Can you gather wood
      3. What is your access to water
         1. Is there treated water near by
         2. Is there a water source nearby that can be treated
6. Regardless of the location & duration of a hike there are certain basics you will need.
   1. Cooking utensils
      1. Generally a small pot & pan is all that will be needed for 1-2 people
      2. Sheets of heavy duty aluminum foil are a great lightweight choice
   2. Eating utensils
      1. Each person should carry a cup, plate, bowl and a spork
   3. A way to clean up
      1. A single wash cloth, some camp soap and a single towel is all you need
   4. A way to deal with waste
      1. Always carry out what you carry in
      2. A single garbage bag should do the trick
   5. Food
      1. Plan your meals carefully and only carry what you know you will eat
   6. Water
      1. Unless you are certain that potable water is available plan to carry and/or treat water in the field
      2. ALWAYS know where you can get water
      3. Water treatment materials are light weight so they should be carried at all times
7. Typically a backpacking trip involves more activities than just eating so plan your meals around your activities.
8. Breakfast can be kept simple with something like oatmeal. However, consider stepping up the most important meal of the day with some of these great ideas.
   1. Fried cinnamon rolls
9. Lunch is often overlooked because midday is usually consumed by activities like swimming, fishing or shorter day hikes to take in the beauty of nature. This means your food needs to be simple and portable but doesn’t mean munching on a stale granola bar.
   1. Fondue
10. At the end of a long day on the trail you want to refuel your body. While the world of freeze dried meals has come a long way, consider tossing the sodium laden bag of rocks for something more substantial.
    1. Salmon and shrimp poached in herbed garlic butter over angel hair pasta
    2. Trail side cheesecake for dessert