

Sample Backpacking Menu

Purpose of this document: Planning a menu for a backpacking trip is very different from menu planning for other camping events. Here are some tips to keep in mind when you plan your menu:

- For backpacking trips, select foods that are high in calories, lightweight, easy to prepare with a lightweight stove, and which won't require much in the way of cleanup. In many cases, you'll have to pack out all your trash, so avoiding a mess keeps your backpack clean and smell free.
- Avoid bringing lots of extra food. Compute EXACTLY what you'll need to avoid carrying food all the way up and back. This also cuts down on the amount of food waste you'll have to carry out with you.
- Before your trip, remove excess packaging by preparing what you can ahead of time and disposing of cans and glass jars that add extra weight.

For example, if you want to bring bagels with butter and jam – pre-cut the bagels and pre-butter the bagels with the butter and jam before you leave and place them in individual plastic bags. This makes the meal easy to eat, requires not cleanup, and avoids bringing excess butter and jam that you won't use.

- Breakfast should be a high calorie meal to provide adequate fuel to get you on your way. Adding sugar, chocolate, etc will help the meals be filling and give you plenty of trail energy.

Sample Backpacking Breakfasts:

- Instant Oatmeal – just add boiling water to your favorite flavor
- Breakfast Burritos (scrambled eggs, bacon bits, soft tortitas) – use freeze-dried egg meals that can be rehydrated with boiling water or reheat pre-scrambled eggs in a freezer-type plastic bag.
- Individually wrapped Pre-Buttered Bagels with Jam
- Hot Cocoa/Instant Breakfasts
- Cliff Bars
- Dried Fruits/Fruit-based trail mix

Sample Backpacking Lunches:

- Pepperoni, Cheese, and Crackers
- Dried Fruit Mix
- Freeze Dried Meals – various kinds exist
- Beef Jerky

- Peanut Butter and Jelly on crackers
- Apples
- Nutella and Bagels

Sample Backpacking Dinners:

- Freeze Dried Meals
- Boil-in-bag Rice + ham cubes + frozen peas and carrots
- Dinner Wraps – Lettuce, shredded cheese, and reheated pre-cooked ground meat or rehydrated freeze-dried wrap contents
- Boil-in-bag spaghetti and meat sauce – pre-make this at home and place in freezer-style plastic bags in individual servings for reheating.