

Tips and Tricks: Packing Food for your Tramp



Taste: Eat what you like. Don't try to convert your taste buds to new types of food deep in the backcountry.

Calories: You'll need ample calories (and water) to fight off fatigue and headaches.

Nutrition: For the long haul, you'll want to rely on complex carbohydrates and proteins. Intelligent quick snacks such as nuts and dried fruits provide stable energy for your muscles.

Weight and bulk: Stick to lightweight and low-bulk backpacking food as much as possible, especially on long journeys. Repackage foods into resealable plastic baggies to minimize bulk and garbage. Be sure to clearly label the baggies and include cooking instructions.

Ease of preparation: Unless you are an experienced camp chef, keep things simple. Always include no-cook food items in case your stove malfunctions.

Availability of water: This can vary greatly depending on where you're going and can influence what backpacking food you choose to bring.

Fuel: Check the cook time for foods such as pasta, potatoes, rice, quinoa, etc. and make sure to plan for enough fuel (some of these dishes take a deceptively long time to cook).

Cost: Convenience has its price. Freeze-dried meals and energy foods can be expensive, but at the end of a long day when your weary body only has enough energy to boil water, such luxuries are justifiable.

Suggestions for what food to bring:

Protein:

- Tuna or chunk chicken
- Jerky
- Beans
- Powered eggs
- Powdered milk
- Hummus
- Cheese



Carbohydrates: Two minute noodles by itself is not acceptable, it is just a base to add in protein and other nutrients.

- Tortillas
- Rice (Uncle Ben's Flavored rice is nice so you don't have to bring seasoning)
- Pasta
- Instant oatmeal
- Crackers
- Couscous
- Granola bar
- Instant potatoes



Fats:

- Nuts (cashews, almonds, peanuts, sunflower seeds, pecans, walnuts, pistachios, etc.)
- Trail mix
- Peanut butter
- Almond butter
- Nutella
- Olive oil



Fruits and Vegetables:

- Dried fruits
- Fruit leather
- Dried vegetables



Spices/seasonings:

- Dried prepackaged seasonings (Continental flavor bases are great)
- Salt
- Pepper
- Try finding a small multi pack of seasonings if you can't go without them

Simple 3-4 Ingredient Meals for Breakfast, Lunch, and Dinner

Breakfast ideas:



Nutella, tortilla, banana chips: A quick and filling breakfast with Nutella providing ample calories and fat on a tortilla with the banana chips adding flavor and crunch. Vegan and vegetarian friendly.



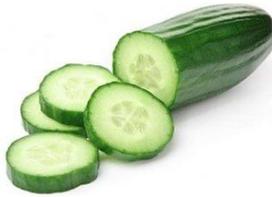
Trail mix/Scroggins, honey, peanut butter: Dense and easy nutrition.

Mixing peanut butter, honey and trail mix together in a bowl provides a breakfast that's rich in calories from protein and healthy fats. Gluten free, vegan, and vegetarian.



Cereal, combine powdered milk, dried fruit, and muesli: Cereal in the backcountry. Powdered milk is virtually non-perishable and provides a lightweight source of calcium. Muesli/granola and dried fruit gives you a sustainable and healthy energy boost.

Lunch ideas:



Pita Wrap, hummus and veggies on pita bread: Pita bread is nearly as pack-friendly as tortillas and is great for lunch and snacking. Stuff in some hummus and fresh veggies. Gluten free, vegan, and vegetarian friendly.



Cheese and Crackers with salami: Hard cheeses are more shelf stable than soft cheeses and cured meats are reliable backpacking staples. May be heavy for some. But, this provides dense nutrition and can be a very rewarding lunch.



Bagel sandwich with cream cheese and smoked salmon: Combine These ingredients for a filling and calorie rich lunch. The bagel provides energy with carbohydrates, cream cheese gives you protein and fats, and salmon provides healthy protein for your journey ahead.

Dinner ideas:



Rice and bean burrito: Whip up a classic burrito with rice and beans wrapped in a tortilla. Chicken makes a great addition, as do cheese and veggies. Great vegetarian option.



Chili Mac: Using macaroni noodle for carbohydrates and beans for protein, the combination creates a hearty dinner. Also good with cheese.



Tuna or chicken alfredo: Pesto and/ or Alfredo sauce can come in a powdered form and is another excellent lightweight flavor option for the trail. Olive oil adds some nice extra flavor and calories, and tuna or chunk shredded chicken adds protein. Add veggies instead for a vegetarian option.

Vegan/gluten free/vegetarian



Vegan Curry Rice: Combine instant rice, curry powder, cashews, and raisins for a protein and calorie rich and delicious meal that is vegan and vegetarian friendly, and gluten free.



Thai Peanut Noodles: For another gluten free, vegan, and vegetarian meal, find some rice noodles (leave out the included spice packet), and combine with dehydrated vegetables, a scoop of peanut butter for some protein, and a dash of soy sauce for a simple Thai meal.



Spinach Dal and rice: This is a hearty recipe that accommodates vegans, vegetarians, and those that are gluten free. This dish provides protein and vegetables with the lentils and spinach and calorie rich carbs with the rice. Tasty Bite has many diet friendly options, to find more dishes that are gluten free, vegan, vegetarian, and are all natural but convenient, click [here](#).

Do you have a nut allergy or are you dairy free? Try these snacks/substitutes.

- Fruit leather
- Trail mix/scroggins (contains no peanuts, tree nuts, gluten, wheat, dairy, eggs or soy. Paleo friendly. **Check all labels when purchasing ingredients.**)
 - ½ cup pumpkin seeds
 - ½ cup sunflower seeds
 - ½ cup raisins
 - ½ cup dark chocolate chips (dairy free)
 - Additional options: shredded coconut, banana chips, dates, cranberries, golden raisins, dried pineapple, figs, apple rings, or even mini marshmallows.
- Chopped celery, carrots, peppers with hummus.



Drinks: After a long hike, or first thing in the morning, it's nice to have something other than hot water to drink to warm you up, think about bringing Raro, Milo, Tea, or instant coffee on your next tramp simply by boiling water.

Still unsure? Why not try a food pack?



'New Zealand company Go Native make delicious, natural ingredient 24 hour food packs in a variety of flavours that are perfect for your Adventurous Journeys! Get \$5 off when you purchase a pack online from gonativeworld.com (simply enter DOE at the checkout to get your discount)'

*****Remember: Use this as a guide and to get ideas of meals and snacks. Create variations specific to your dietary needs!*****