

Backpacking 101: Food

Breakfast Food

- Oatmeal # ____
- Protein Powder
- Dried Berries
- Dehydrated Egg Skillet # ____
- Tortillas # ____
- Apples # ____

Lunch Food

- Tuna Packets # ____
- Nut Butter Packets # ____
- Dried Bananas
- Protein Bars # ____
- Beef Jerky # ____

Dinner Food

- Dehydrated Meals # ____
- Sweets # ____

Snacks

- Trail Mix
- Electrolyte Gummies # ____
- Baby Bell Cheese # ____
- Fruit Snacks # ____
- Salami # ____
- Olive Oil Packets # ____
- Coconut Oil Packets # ____
- Idahoan Potatoes # ____
- Miso Soup # ____

Extra

- _____ # ____
- _____ # ____
- _____ # ____
- _____ # ____
- _____ # ____

- _____ # ____
- _____ # ____
- _____ # ____
- _____ # ____
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