**Backpacking Food Online Resources –Planning, Recipes and Food Suppliers**

**Planning and Recipes**

* <https://www.trail.recipes/>
* [www.onepanwonders.com/](http://www.onepanwonders.com/)
* www.trailcooking.com/
* [http://thru-hiker.com](http://thru-hiker.com/)
* [http://sectionhiker.com](http://sectionhiker.com/)
* [www.adventurealan.com/food\_general.htm](http://www.adventurealan.com/food_general.htm)
* On gluten free backpacking:
  + <https://www.freshoffthegrid.com/gluten-free-backpacking-food/>
  + <https://www.goodforyouglutenfree.com/gluten-free-freeze-dried-backpacking-meals/>
* On vegan backpacking:
  + <https://www.freshoffthegrid.com/vegan-backpacking-food/>
  + <https://bearfoottheory.com/backpacking-food-ideas/>
  + <https://veggievagabonds.com/vegan-backpacking-food/>
* On Low-carb and Paleo backpacking:
  + <https://wildzora.com/collections/all> (Paleo)
* On Ketogenic backpacking **:** <https://ketogenicbackpacking.com/>

**Backpack Food Suppliers**

* [www.packitgourmet.com](http://www.packitgourmet.com/)
* <https://www.harmonyhousefoods.com/shop.html>
* <https://motherearthproducts.com/>
* <https://backpackerspantry.com/>
* <https://peakrefuel.com/>
* <https://goodto-go.com/collections/food>
* <https://www.heatherschoice.com/>
* [https://www.mountainhouse.com](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwjV5I6Ig8LwAhUyC60GHXKzAMgYABALGgJwdg&ae=2&ohost=www.google.com&cid=CAESQeD2Wa65IBhzHcjH30Z1EoRGawUdSqNZQqC5TFZXQs45P7qHkj50EGC3hZodQUlPuYU7FvL8eJ9PtrLjgUJGiY0Z&sig=AOD64_3hG2QlLcy7CyKhM9svH4HXYbslIg&q&adurl&ved=2ahUKEwic3YeIg8LwAhVR6Z4KHapuAPcQ0Qx6BAgEEAE)
* Vegetarian and Vegan:
  + [www.maryjanesfarm.org](http://www.maryjanesfarm.org/)
  + <http://outdoorherbivore.com/>
* Paleo – <https://wildzora.com/collections/paleo-meals-to-go>
* Gluten Free – <https://www.freshoffthegrid.com/gluten-free-backpacking-food/>
* Ketogenic –[Next Mile Meals](https://www.nextmilemeals.com/?utm_source=google&utm_medium=cpc&utm_campaign=9820542662&utm_content=95297052610&utm_term=keto%20backpacking%20food&gclid=CjwKCAjw1uiEBhBzEiwAO9B_HRs-ZumcCWcW_J77TXCYJKaWlbNGdEzwML4aW_D2ClXgM6rt4P7uOBoCQZkQAvD_BwE)