

Lightweight Backpack Food Planning and Preparation

This class is about:

- How to plan a lightweight backpacking menu that provides the calories you need, with foods that you love to eat.
 - Including easy to use planning tools and resources
- Some simple, easy meal ideas and how to prepare them
 - including how to dehydrate favorite home comfort-food meals
- Showing you a food prep system that reduces your fuel use, kitchen gear and trash...and eliminates pot scrubbing!

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It's a total system!!

1. Plan ahead to ensure the calories, nutrition and sustained energy you need for extended trips, with the minimum weight and bulk.
2. Choose a menu with the best balance of calories, weight and convenience for YOU – in food you will enjoy eating.

If you can reduce the water in your food you are then able to:

3. Eliminate cooking – just boil water. → Minimize fuel use, Simplify and lighten your 'camp kitchen.
4. Significantly reduce your trash and 'footprint'.

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Food Planning Fundamentals: Eat Enough!!

??How much food do I need to bring??

Think of food as the fuel to power your trip. Plan for enough to accomplish your goal!

- Depends on terrain, pace, total pack weight, conditions (elevation, temperature) and your size and metabolism
- 300 to 600 calories per hour of vigorous walking with a pack is a good rule of thumb (2500-5000 cal for an 8 hour day)
 - more for bigger people, very strenuous, cold, high altitude trips, less for smaller people, less strenuous trips

Everyone is different! It's critical to work out for yourself how many calories keep you going on particular types of trips!

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Food Planning Fundamentals: Eat Enough!!

Calorie deficits can be fine IF

- Your trip is short and you can 'load up' before and after
- You can resupply every 3-4 days during a longer trip.



However...

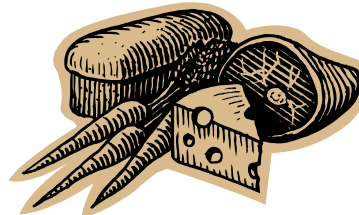
- On strenuous trips > 4 days, big deficits could seriously impact your performance, possibly even abort your trip... (or at least make it MUCH less fun!
- Even on more shorter and/or less strenuous trips, you need to provide your body with fuel for steady energy through the day.

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Food Planning Fundamentals: Nutrition

The kind of calories you choose matters!

- Simple carbs/sugar
- Complex carbs
- Fiber
- Fats
- Protein



- ➔ **Impacts your energy level and muscle performance over an extended trip**
- ➔ **Drives energy (calorie) contribution of your food menu per unit of weight**

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Food Planning Fundamentals - Nutrition

- Simple sugars deliver a quick energy 'punch' – but watch out for energy 'crash'.
- Complex carbs convert to energy a bit more slowly → maintain steady insulin levels and energy flow.
 - But only lasts about 45 minutes, so you need to eat them regularly thru the day.
- Fats are your body's "go-to" energy supply for long-term exertion.
 - Twice the energy per gram as carbs or proteins, but burns the slowest
 - Require oxygen to burn → not accessible for quick 'anaerobic' bursts.
 - Steady burn means no spikes – won't drive mood or energy swings

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Food Planning Fundamentals: Nutrition

Protein is important to maintain & repair strained or depleted muscles.

- 1.2 to 2.0 grams of protein per kg of body weight per day is a general recommendation for athletic activity:
 - 10-20% of your total food weight as a general guide
- Eating high-quality protein (meat, fish, eggs, dairy or soy) within 1-2 hours after exercise enhances muscle repair and growth.
- Delivers the same energy per gram as carbs.

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Food Planning Fundamentals: Nutrition

Fiber adds bulk and weight but provides no energy

- Helps maintain steady blood sugar and “regularity”
- Plenty of fiber in most trail foods – don’t need to emphasize

Electrolytes are essential for healthy muscle function.

- Start your trip in good balance.
- Electrolyte powders or tablets in your water, or ShotBlok chews or potassium pills if particularly hot, windy, cold or if symptoms develop.

Sodium – usually problem is too much.

- Mountain House spaghetti sauce: 1500 mg/2C serving, vs. homemade pasta sauce with 1tsp sea salt: 250-500mg/2C serving.

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Food Planning Fundamentals: Calorie Density

How to get enough calories and still keep your pack light?

➔ Eat high calorie-density food!

“Calorie density” = Calories in a food serving divided by the weight of the serving

- *By packing calorie-dense foods, you can get your target daily calories with much less weight and bulk in your pack!!*

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Food Planning Fundamentals: Calorie Density

Drivers of high calorie density in food?

- **Fat:** 9 cal/gram;
- **Carbs, protein:** 4 cal/gram.
- **Fiber:** No energy contribution for the weight.
- **Water:** Fresh foods average >60% water, and water adds significant weight (2.2 lbs/L) without any energy!



Poll question: which of the foods listed do you think would have the highest calorie-density? Lowest?

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Food Planning Fundamentals: Calorie Density

J	Handful of macadamia nuts	7.3
J	Bag of Fritos corn chips	5.7
J	Justin's Almond Butter pack	5.6
J	Cured sausage stick (Landjaeger)	4.2
J	Block of Dubliner cheddar cheese	4
J	Instant Cream of Chicken Soup	4
J	Raisins	3.2
J	Tuna packet (in water)	1.2

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How to Choose Calorie-Dense Trail Foods

Check product labels for :

- Calories per gram > 4.5 – target for 2000 cal/pound
- High % of grams in fats
- Lower % of grams in fiber

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Example – Chunky Peanut Butter

Nutrition Facts	
Serving Size 2 tbsp (32.0 g)	
Amount Per Serving	
Calories 188	Calories from Fat 144
	% Daily Value *
Total Fat 16.0g	25%
Saturated Fat 2.6g	13%
Polyunsaturated Fat 4.7g	
Monounsaturated Fat 7.9g	
Cholesterol 0mg	0%
Sodium 156mg	6%
Total Carbohydrates 6.9g	2%
Dietary Fiber 2.6g	10%
Sugars 2.7g	
Protein 7.7g	

➤ Calorie density: $188/32 = 5.9$ cal/gm

➤ % wgt in fat = $16g/32g = 50\%$

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Example – Instant maple-brown sugar oats

Nutrition Facts

Serving Size 1 Packet, dry (43 g)

Per Serving

Calories 170

- Calories from Fat 18

Total Fat 2g

- Saturated Fat 0.3g
- Polyunsaturated Fat
- Monounsaturated Fat

Cholesterol 0mg

Sodium 190mg

Potassium 110.94mg

Carbohydrates 34g

- Dietary Fiber 3g
- Sugars 14g

Protein 4g

- **Calorie density = $170/43 = 3.95$ cal/gm**
- **% wgt in fat = $2/43 = 4.6\%$**
- **(Hint: Add 1/8C or 14gms walnuts and you get 80 more calories – boost calorie density to 4.4!)**

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Example – Primal Island Toasted Coconut Granola

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories **559**

% Daily Value*

Total Fat 47g **60 %**

Saturated Fat 24g **120 %**

Sodium 15mg **1 %**

Total Carbohydrate 32g **12 %**

Dietary Fiber 12g **43 %**

Sugar 18g

Protein 8.8g **18 %**

Vitamin D mcg N/A

Calcium 118.00mg 9 %

Iron 3.18mg 18 %

Potassium mg N/A

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

- **Calorie density = $559/100 = 5.6$ cal/gm**
- **% wgt in fat = $47/100 = 47\%$**

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Example – Cooked Tuna in a Pouch

Nutrition Facts

Serving size: 100g	
Amount Per Serving	
Calories	100
Calories from Fat	5
Amount Per Serving and/or % Daily Value*	
Total Fat	0.5g (1%)
Saturated Fat	0g (0%)
Trans Fat	0g
Cholesterol	60mg (20%)
Sodium	370mg (15%)
Total Carbohydrate	1g (0%)
Dietary Fiber	1g (4%)
Sugars	0g
Protein	22g

- Calorie density?
- % wgt in fat?
- How might you boost the calorie density of this food?

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Examples of Calorie-Dense Trail Foods

- **Flavored olive oil** – 9 cal/gram, 100% fat
- **Macadamias** – 7.3 cal/gram, 86% fat
- **Trailtopia Egg Scramble** – 6.6 cal/gram, 49% fat
- **Almond butter** – 6.5 cal/gram, 59% fat
- **Peanut M&Ms** – 5.8 cal/gram, 37% fat
- **Banana chips** – 5.1 cal/gram, 39% fat
- **Whole powdered milk** – 4.8 cal/gram, 31% fat

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Examples of Less Calorie Dense Trail Foods

- Tuna or chicken in pouch – 1.2 cal/gram, 14% fat
- Full-fat tortillas – 2.8 cal/gram, 14% fat
- Teriyaki beef jerky – 2.9 cal/gram, 5% fat
- Dried blueberries – 2.9 cal/gram, 4% fat
- Black Cherry Almond Clif Bar – 3.5 cal/gram, 9% fat
- Dubliner Aged cheddar – 3.9 cal/gram, 32% fat

★ These foods aren't "bad"!! Just less efficient in energy for their weight. Remove the water, or 'boost' with more calorie-dense foods.

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Food Planning Fundamentals

Check out the handy [calorie density lookup tables](#) in your food class resources!

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Food Planning Fundamentals: Calorie Density

★ **With an efficient carb-fat-protein ratio AND a low water content, you can pack your target daily calories in less than half the weight!!**

If the carb-fat-protein ratio in your menu is	At 60% water content		At 10% water content	
	Cals/pound	Pounds for 2500 cals	Cals/pound	Pounds for 2500 cals
70:15:15	862	2.9	1939	1.3
50:35:15	1043	2.4	2347	1.1
40:45:15	1134	2.2	2551	1.0

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Food Planning Fundamentals

So....What is a good daily food weight target?

By averaging 4.5 cals/gram, you can achieve 2000 calories per pound of food weight.

- 1.5-2 lbs/day for a strenuous itinerary.
- 1-1.5 lbs/day for shorter, lower-intensity trips.



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Food Planning Fundamentals

Q&A – Calorie needs, nutrition and calorie density

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Food Planning Fundamentals

How to get started with a menu plan?

- * Make a list of foods that you'd enjoy eating for each meal (we'll share some ideas for you shortly!)
 - *Add special yummy toppings, spices or additives to boost fat content and enjoyment*
- * Estimate a serving weight of each food that you're likely to eat
- * Estimate the calories for each serving on your day's menu
- * Add up the total calories for a full day's menu – is it enough?
- * Divide your daily calories by your daily food weight to work out your average calorie density for the day's menu (>4.5/gram? >2000 cal/lb?)
- * ***Adjust total servings and/or servings of calorie-dense items to meet your daily calorie need with the least weight.***

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Making your food plan

Example –Breakfast

Food	Serving (gms)	Calories	Cals/gram
Via packet	1	0	0
Cocoa mix + Hazelnut creamer (3tsp)	37	180	4.9
Granola with toasted coconut & walnuts (3/4C)	93	433	4.7
Dried maple-brown sugar oats with dried blueberries and walnuts	100	375	3.8
Whole milk powder (1/4C)	30	144	4.8
OVERALL - with granola & milk	161	757	4.7
OVERALL - with oatmeal	138	555	4.0

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Making your food plan - example

Example – Lunch and snacks

Food	Serving (gms)	Calories	Cals/gram
Almond butter (2T packet)	31	201	6.5
Jelly packet	10	35	3.5
Hard cheese (2 oz)	56	218	3.9
Oroweat English Muffin (2 halves)	59	134	2.3
Mustard and mayo packet	18	90	5.0
Macadamia nuts (2 oz)	34	253	7.4
Peanut/Almond M&Ms (15 pcs)	36	203	5.6
OVERALL - almond butter & jelly	170	826	4.9
OVERALL - cheese, mayo, mustard	203	898	4.4

Then continue with dinner and dessert

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Making your food plan - example

Example – Dinner and dessert

Food	Serving (gms)	Calories	Cals/gram
Instant cream soup mix (1 pkt)	25	90	3.6
Packaged strawberry harvest salad with dressing (1C)	100	170	1.7
Dehydrated dinner (1 C dry)	100	455	4.6
Stonefire Garlic Naan (1/2)	98	380	3.9
Almond Roca 3-pack	36	200	5.6
OVERALL - with soup	259	1125	4.3
OVERALL - with salad	334	1205	3.6

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Making your food plan

Put it all together for a day....

Food	Serving (gms)	Calories	Cals/gram
Via packet	1	0	0
Cocoa mix + Hazelnut creamer (3tsp)	37	180	4.9
Granola with toasted coconut & walnuts (3/4C)	93	433	4.7
Whole milk powder (1/4C)	30	144	4.8
Almond butter (2T packet)	31	201	6.5
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Mustard and mayo packet	18	90	5.0
Macadamia nuts (2 oz)	34	253	7.4
Peanut/Almond M&Ms (15 pcs)	36	203	5.6
Instant cream soup mix (1 pkt)	25	90	3.6
Dehydrated dinner (1 C dry)	100	455	4.6
Stonefire Garlic Naan (1/2)	49	190	3.9
Almond Roca 3-pack	36	200	5.6
OVERALL	559	2608	4.7
	1.2 LBS FOR THE DAY		

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Backpack Menu Planning Tools

- What if I don't have a package label to refer to and my favorite food isn't in the lookup table?
<https://www.nutritionix.com/database>, or <https://www.myfitnesspal.com/>
- How about home-made dishes?
 - Use the label info or nutritionix.com for the major components, or use MyFitnessPal
 - Doesn't have to be exact

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Making your food plan

Then expand to all the days on your trip:

[*Link to Wind Rivers traverse food plan example*](#)

You can adapt this food plan template to your own trips and favorite foods!

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Measure!



Now you have your plan!

Measuring and labeling your daily servings in individual bags when you pack helps you to only bring what you need!

- *Take food out of its packaging to be sure it's the right amount for you (and minimize trash in your pack)!*

Adjust serving sizes after you come home from each trip if it's more or less than you wanted to eat.

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Backpack Food Planning

Why bother with all this?

- For multi-day trips, food weight can make a BIG difference in the total weight of your pack (get your calories in less than half the food weight!)
- Up front planning helps ensure that you'll carry enough calories to keep you energized throughout your trip (while not bringing extra home).
- Planning allows you to manage the total weight of your food while including menu items that you will ***look forward to eating.***
- Once you build a plan for one trip you can duplicate it on future trips without redoing the plan.

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Backpack Food Planning

Q&A – Food Planning

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Food Planning Fundamentals

What are some food options you might like for each meal?

- Video to demonstrate some [options for breakfast and lunch on the trail](#), followed by a Q&A
- Video to demonstrate some [options for dinners on the trail](#), followed by a Q&A
- Accompanying sheet with all the foods that we show in the videos

**** MANY more possibilities – use your imagination!! ****

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Food Planning Fundamentals

What foods will be safe to eat without refrigeration?

- ✓ Aged drier cheeses, cream cheese, Laughing Cow will last a week or more (longer if in sealed packs).
- ✓ Shelf-stable cured meats, vacuum-sealed meats
- ✓ Freeze dried and dehydrated veggies, fruits, meats, full meals
- ✓ Tortillas, naan bread will last a week or more
- ✓ Powdered dairy
- ✓ Sturdy salad components will last a couple of days
- X ***Items containing raw egg, including mayonnaise, are not safe (unless in sealed shelf-stable packs, freeze-dried or dehydrated)***
- X ***Meats that are not freeze-dried, dehydrated or listed as shelf stable can deteriorate quickly unless vacuum sealed – even jerky***

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Which backpacking meal strategies fit your shopping, food prep and backpacking style?

- Ready to eat off-the-shelf or homemade foods – eat cold
- Instant foods (soups, ramen, mashed potatoes, couscous) – add hot or cold water
- Commercial freeze-dried meals, rehydrate at camp by cold soaking or adding hot water
- Commercial noodle, grain or rice mixes with sauce – boil on your stove at camp
- Freeze-dried, instant or dehydrated components with sauce mix and spices - mix at home and rehydrate at camp
- Dehydrate your own favorite comfort meals at home, rehydrate at camp!
- ***Let's take a poll to see which ones appeal to you!***

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A note on cold-food backpacking....

- * Many ultra-light backpackers go this way to save stove, fuel & pot weight (1-2 lbs), and to reduce food-prep fuss at camp.
- * A range of tasty options are available:
 - Ready-made deli sandwiches, wraps, pizza, burritos, pre-packaged salads
 - Meal bars
 - Peanut butter or cheese in a tortilla or muffin
 - Dried hummus or bean powders or instant mashed potatoes rehydrated in cold water, with tasty additives
 - You can “COLD SOAK” most freeze dried or dehydrated items – just takes more time (and a container with a secure lid)
 - Cold-brew coffee packs

Experiment on a short trip to see if you like it!

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Want a wider range of options for backpacking meals?

- Special dietary considerations, or just want more control over nutrition?
- Don't like most of the commercial freeze dried meals you've tried, and hate the 'trial and error'?
- Want to eat your favorite home-cooked meals on the trail?

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Dehydrating home comfort foods for the trail

Lots of options – and doesn't require a lot of time or cooking prowess!

- Frozen or deli-counter casseroles, vegies, fruits and meats
- Restaurant leftovers
- Cook up grains, pasta, canned meats, beans, veggies and fruits → dehydrate them to mix into meals
- Make a favorite recipe to eat at home and dehydrate the leftovers!

→ You control the flavor, nutrition and variety – choose only foods that you already know you love to eat!

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Dehydrating home comfort-foods for the trail

Foods that work well:

- Casseroles, stews, soup bases with thick sauces & strong flavors
- Grains, beans, pasta, mixtures (but test them to be sure they rehydrate in a timely way)
- Thick sauces or purees!
- Vegetable mixtures (fine dice) – freezer packs are great!

Key is uniform consistency, small pieces.

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Tips for successful dehydrated meals

- Prepare the food as you would to eat at home.
 - Blanch vegetables in advance (or use frozen)
 - Canned/pressure-cooked beans and meats rehydrate best
 - Ground meats – mix with bread crumbs, quinoa/oats
- Chop or puree to uniform small size
- Drain/rinse off excess surface oil
 - Add olive oil and other high fat goodies at camp.

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Tips for successful dehydrated meals

- Measure the food into servings before you put it in the dehydrator
- Spread the food thinly & uniformly over the dehydrator trays – key for fast, thorough drying.
 - Use solid plastic tray or parchment paper for runny sauces, mesh tray for drier recipes

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Tips for successful dehydrated meals

- The optimum temperature range for dehydrating is 140°F (vegies, fruits) to 160°F (meats, eggs)
- Don't scrimp on drying time (overnight or longer).
 - Food should be crisp-brittle, no moisture or stickiness to the touch, after cooling. (jerky, fruit will be hard but pliable)
- May want to re-chop sauces or stews in food processor after most of the liquid has evaporated.
 - The closer you can get sauces to a powder consistency, the richer the sauce will taste when rehydrated.
 - The smaller the pieces, the faster it will rehydrate.



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Tips for successful dehydrated meals

- After the food is fully dry, let cool, then chop, process or crumble, place in a zip-loc freezer bag or other storage bag, and store it in a cool, secure place until time to pack.
- Use sturdy bags with a very secure seal.
 - Particularly useful if you plan to rehydrate and eat out of the bag at camp.
 - No harmful chemicals to leach out into your food.
- Put a tag into the bag with name of the food, # servings and date it was packed.

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Alternatives for carrying your trail meals

- Platinum-silicone “Stasher bags” 
- Mylar bags with zip seal 
- Light plastic containers with secure screw-on lids (great for “cold soak”) – Talenti gelato jars, or repurposed plastic peanut butter jars, hummus tubs
- Wash and re-use your sturdy Ziploc freezer bags!

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Tips for successful dehydrated meals

- Video demonstrating [how to dehydrate a home comfort food meal](#) to take on the trail
- Check out my Trail-Tested Recipes for the Dehydrator in your class resources!

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Safe Storage of Dehydrated Foods

- The dehydrated product should be crispy, brittle dry after cooling. Cool down fully before packaging.
- Keep the food from re-absorbing moisture or contaminants during storage.
 - Package in single serving bags – don't dip out of larger bag.
- If fully dried, not necessary to freezer-store
 - Can safely store most foods for 4-6 months or longer if kept dry.
- Vacuum-sealing may add some length to storage but...
 - can't re-use so extra waste

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Why go to the trouble?

- Control over your own diet and nutrition
- Can bring your own favorite 'comfort foods' on the trail
- Meal variety is only limited by your imagination!
- Much cheaper than purchasing freeze-dried meals
- If you like to cook and experiment, it can be fun and satisfying to 'do it yourself'!

There are plenty of alternatives if this path doesn't interest you.

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Freeze-Dried vs. Dehydrated Foods?

Freeze-drying "locks in" the composition and structure of a material by removing the water without applying heat.

- Preserves the original shape of many foods better than dehydration which requires heat.
- Freeze-dried foods are lighter than dehydrated and can store nearly indefinitely because all the water is removed. Also rehydrate very quickly.
- However freeze-drying is an industrial process – can't do it yourself, the variety is somewhat limited, and the products are expensive!

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Preparing Your Meal At Camp

- If you want to boil food in your pot at camp – choose a stove with better heat control, be ready for more pot scrubbing and fuel use.
- With instant, freeze dried and dehydrated foods: Rehydrate at camp:
 - Add enough water to cover the dry food with a little extra.
 - Heat (treated) water to almost boiling, then add to the food and rehydrate for 5-30 minutes in freezer bag, mug or pot. OR....
 - Boil the dehydrated food in a pot of water for 4-5 minutes (can use untreated water for this). OR....
 - COLD SOAK: Put (treated) cold water into the food in a sealable container and let it soak for 1-2 hours or more before eating.

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Other Rehydration Tips At Camp

- **CRITICAL:** The better you can hold the heat in your food container while rehydrating, the more quickly the food will be ready.
 - Use a cozy or foil, keep in closed pot or insulated mug, or continue to apply heat.
- Heat just enough water for rehydrating, rinsing (conserves fuel).

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My camp kitchen



** And now I don't even bring the cozy! I rehydrate in my mug.

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Rehydrating Demonstration

- Video demonstrating [how to rehydrate](#) your dehydrated or freeze-dried food at camp

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“Boosting” Your Food At Camp

- Boost the flavors and calorie density at camp!
 - Spices/seasonings, condiments and dressing packs, or sauce, gravy mix powders
 - Packets of coconut oil, flavor-infused olive oil or ghee (clarified butter)
 - Whole milk or coconut cream powder
 - Nuts, dried fruit, fresh onions and peppers, dried tomatoes, wasabi peas, parmesan, French fried onions
- Warm up some tortillas, naan or good artisan bread in the cozy or on top of the pot lid.
- Don't forget dessert! Instant pudding, chocolate, cookies, candy bar

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Meal Prep and Cleanup

- ✦ Eat right out of the bag, pot or mug (long-handled spoon).
- ✦ Rinse your mug, pot or bag with leftover hot water (or use a piece of scrubber-sponge).
- ✦ Fold the used zip-loc bag small and bring home to reuse later.
- ✦ ***NEVER burn your trash or throw leftovers or wash water/soap in the stream!***
 - *Share with hungry friends, eat the leftovers, or carry them out.*

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Minimize your trash and trail 'footprint'...

- *By buying your food from bulk bins where you can*
- *By removing foods from packaging before the trip and putting them in re-usable bags*
- *By washing-reusing your bags afterwards!*
- ***By being efficient in your use of fuel***

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Get the most out of your stove and fuel

Plan your fuel supply for the # of hot meals/drinks you will prepare.

- ~1/4 oz of canister gas will bring 2C of water up to a near-boil. (vs. 0.4 oz of alcohol or white gas)
 - ➔ 4oz of canister gas ➔ ~32C of near-boiling water ➔ **~5-7 days for one person, or a long weekend shared between 2 people**
- More fuel required with a less efficient stove, at cold temps, high altitudes, in windy conditions, or if you plan to boil your food for several minutes.

Get the most out of your stove and fuel

Extra fuel means extra weight! Be efficient!

- Use a windscreen (can use heavy-duty foil) – but *never* enclose a fuel container!!
- Use a lid on your pot (can also be heavy-duty foil!)
- Get pan ready before lighting the stove
- Do you really need to boil the water? (not needed if you plan to filter or treat it first)



Tip for dealing with those partial canisters....

- How much is left in my partial canister?
 - “8 oz canister” = 8 oz gas + 5 oz canister.
 - “4 oz canister” = 4 oz gas + 3.4 oz canister. (“net weight”)
 - Weigh your canisters after use or before a trip. Subtract the canister weight to determine how much fuel you have left.
- BEFORE DISPOSING OF CANISTERS:
 - Use a Crunchit tool to empty the remaining gas and puncture the canister – then recycle the canister at the Mountaineers HQ!
- Canisters can be refilled at home - but be sure you follow instructions carefully!



Organizing your food for the trail

- Separate out individual meals for each day into their own smaller Ziploc bag
 - *Ensures you won't eat day 2's food on the first day, etc.*
- Then...
- Pack each meal type in its own color-coded or labelled bag
 - OR each day in its own color-coded or labelled bag

Food Packing Tips - Bear cans and UrSacks

- Main considerations:
 - Space is constrained –choose calorie-dense and volume-dense foods!
 - Loose squishable bags and small items can fill the space more efficiently than hard blocks. Fragile items may not survive very long.
 - Things that can mold to the side of the can or sack are great!
 - Leave room for your toiletries and trash to go in at night
- Carry first day's food outside of the can or sack.
- Share if you aren't going to fill a can or UrSack by yourself!

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Planning, recipes and food supply resources

Planning and Recipes

- <https://www.trail.recipes/>
- www.onepanwonders.com/
- www.trailcooking.com/
- <http://thru-hiker.com>
- <http://sectionhiker.com>
- www.adventurealan.com/food_general.htm
- On gluten free backpacking:
 - <https://www.freshoffthegrid.com/gluten-free-backpacking-food/>
- On vegan backpacking:
 - <https://www.freshoffthegrid.com/vegan-backpacking-food/>
- On Low-carb and Paleo backpacking:
 - <https://wildzora.com/collections/all> (Paleo)
- On Ketogenic backpacking : <https://ketogenicbackpacking.com/>

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Planning, recipes and food supply resources

Backpack Food Suppliers

- 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>
- Vegetarian and Vegan:
 - 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](#)

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