

Trail Meals:

Trail foods should be quick or no-cook foods for a fast, sit and eat or eat while walking meal. Here are a couple of tables for pick and mix meals. Pick and bag for each meal each meal separately. Remember what you don't eat the first couple of meals will be left for the last. Don't eat all of your food the first couple of meals.

Trail Breakfast

Mix and Match: Pick one from each category.

Dairy	Meat Canned or Dehydrated	Grain	Fruit	Fun	Drinks
Hard cheese	Jerky	Bagel	Dried apples	Trail mix	Water
Cheese spread	Bacon bar	Crackers	Banana chips	Nuts	Tang
String Cheese	Hard salami	Oatmeal	Fruit leathers	Sunflower seeds	Tea
	Meat sticks	Instant grits	Raisins	Pumpkin seeds	Hot Chocolate
	Peanut butter	Instant cream of wheat	Orange		
	Powdered eggs	Granola bar			
		Cereal bar			

Trail Lunch

Mix and Match: Pick one from each category.

Dairy	Meat Canned or Dehydrated	Grain	Fruit	Fun	Drinks
Hard cheese	Jerky	Bagel	Dried apples	Hard candies	Water
Cheese spread	Canned tuna	Crackers	Banana chips	GORP	Kool-aid
String Cheese	Canned meat spread	Graham crackers	Fruit leathers	Trail mix	Hot Chocolate
	Hard salami	Corn chips	Raisins	Granola bar	Tea
	Peanut butter & Jelly	Flour tortillas	Apple	Nuts	
	Meat sticks	Granola bar	Orange	Sunflower seeds	
		Pretzels		Cereal mixes	

One Pot Dinners

Pick one from each column.

Cook in a turkey roasting bag in a Bakepacker pot or large cook pot with some water in the bottom.

Base	Vegetable Fresh or Dehydrated	Meat Canned or Dehydrated	Sauce	Spice	Topping
Spaghetti	Carrots	Canned chicken	Cheese	Oregano	Nuts
Macaroni	Potatoes	Canned beef	Sour cream	Sage	Sunflower seed
Egg Noodles	Squash	Canned turkey	Stroganoff	Basil	Pumpkin seed
Rotini	Onions	Vienna sausage	Spaghetti	Salt & Pepper	Coconut
Pasta Shells	Cucumbers	SPAM	Dry soup mix	Poultry Seasoning	Sesame seed
Cous Cous	Peas	Canned fish	Miso powder	Garlic Salt	Margarine
Ramen noodles	Green beans	Hard salami	Gravy mixes	Onion Salt	Cheese
Quick Rice	Corn	Canned meat spread	Curry	Garlic Powder	Catsup
Rice-a-Roni		Jerky	Cream of Mushroom Soup	Chili Powder	Bacon bits
Instant Potatoes			Cream of Tomato Soup	Butter buds	Croutons
Quick Grits			Tomato juice	Soy sauce	Dried fruit
Stuffing Mix			Cheddar cheese soup		Raisins
Mac & Cheese					