

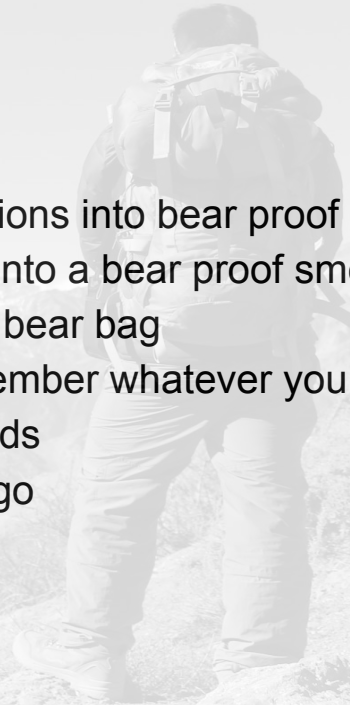
A grayscale photograph of a person's hand lifting the lid of a pot on a camp stove. The background is a blurred natural setting. The image is framed by a white border with blue and green diagonal stripes in the corners.

# Backpacking Food

Ideas and Tips

# Backpacking Food Preparation

- Can always dehydrate foods at home
- Separate each meal into portions and bag the portions into bear proof smell bags
- Even food that is prepackaged will need to be put into a bear proof smell bag.  
Take it out of the package before putting it into the bear bag
- Food is only limited to your imagination. Just remember whatever you bring, you will be carrying. Try to stick to lighter weighted foods
- Always have ready to eat foods for snacks on the go



# Food Ideas:



- Ramen - add dehydrated veggies and shredded meat or jerky and dried mushrooms for a more fulfilling meal
- Jerky
- Cured meat - pepperoni sticks etc
- Waxed cheese
- Nuts/trail mix
- Dates
- Oatmeal - instant packets or regular - add nuts, seeds, powdered milk etc
- Dehydrated veggies (Bulk Barn)

# Food Ideas:



- Boxed instant potatoes
- Pasta - add powdered cheese/tomato sauces and cured meat to make a full one pot meal
- Coffee - cream and sugar packs in one (any supermarket)
- Instant powdered milk (any supermarket or Amazon)
- Granola
- Granola bars
- Ready made rice packages



# Food Ideas:

- Dried fruit
- Dried mushrooms
- Roasted chestnuts (Dollar store)
- Hot sauce
- Olive oil
- Plantain chips
- Snap pea snacks
- Dried seaweed snacks
- Fruit leathers (Fruit Roll Ups etc)



# Food Ideas:

- Grits - add powdered cheese sauce and cured meat for a fulfilling meal
- Dehydrated bacon bits (or dehydrate own)
- Rice - add other ingredients to make 1 pot meal
- Powdered cheese
- Powdered gravy
- Sun dried tomatoes
- Powdered eggs



# Food Ideas:

- Asian shredded pork (aka pork floss) (T&T or other Asian Supermarket)
- Asian shredded beef (aka beef floss) (T&T or other Asian Supermarket)
- BCAAs - Branch Chain Amino Acids - provide muscle recovery, electrolytes and energy (Amazon or Health Food store)
- Dried soup mixes
- Protein powder with powdered milk
- Powdered bone broth - Health Food Store or Amazon
- Dehydrated fish (T&T)
- Boxed stuffing - add cured meat and boxed potatoes for a Thanksgiving style meal





# Food Ideas:

- Spices:
  - Dehydrated onions
  - Garlic powder
  - Onion powder
  - Cayenne
  - Red chilis
  - Salt
  - Pepper
  - Taco mix
  - Fajita mix
  - Chicken soup mix





# Food Ideas:

- Packaged meat (Amazon)
- Tuna & crackers snack packs
- Pasta salad snack packs
- Lunchables



# Summary



As you can see, food is only limited to your imagination.

- You can search YouTube for backcountry camping cooking ideas, as well.
- You can also purchase (at MEC) pre-made powdered foods. However, these are rather expensive and aren't very palatable.

Remember:

- Have 3x the amount of calories you would normally require,
- Have ready to eat snacks handy
- Be sure to fuel up on 200-300 calories every couple of hours.