

# Basic Meal Planning



Version 1.0

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They both hiked 10 miles with a 28 pound backpack over 5 hours.

Why is one miserable and the other one ready to conquer the world?



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One of them paid attention to this HAT session!!!

Loose weight at the gym ... Don't loose it while backpacking!



EATING = A HAPPY BACKPACKER

## Calories Count

*Average Caloric Estimates for a “typical” adult backpacking all day*

Source	Calories
Mayo Clinic	4,000 – 5,000
Backpackers Magazine	4,000 – 5,000
Fitwatch.com	5,000 – 6,000
ChatGPT.openai.com	3,500 – 5,500

*Brian Pitterle’s “Rule of Thumb” for Caloric Intake Per Day on a Multi-Day Trek*

Meal	Calories
Breakfast	300 – 600
Lunch	300 – 600
Dinner	500 – 600
Snacks	750 – 1,000
<b>Total</b>	<b>1,850 – 3,800</b>

# Simple Breakfast Ideas

Idea	Calories
• 2x packets of Quaker Instant Oatmeal	2 x 150 = 300
• Carnation Instant Breakfast + powdered milk	300
• Belvita Bar / Breakfast Bar	250+
• Poptarts (1 bag of 2 poptarts)	350+
• Freeze-Dried Breakfasts (e.g.: Mountain House Breakfast Skillet)	510

## Simple Snack Ideas

Idea	Calories
• Pure Organic Fruit Bars	60
• Dried Fruit	110
• Goldfish Crackers [55 fish]	140
• Trail Mix	150
• Gummy Bears	150
• Honey Stinger Waffles	150
• Honey Stinger Chews	160
• Cashews [18 cashews]	170
• Nature Valley Granola Bar	190
• Ritz Cheese & Crackers Packet	250
• Clif Bar / Energy Bar	250

# Simple Lunch Ideas

No-Cook Meal Ideas	Calories
• Half-Sleeve of Ritz Crackers + Sausage + Hard Cheese	300 - 600
• Naan Bread or Tortilla + Deli Meat* + Fruit Snack	300 - 600
• Peanut Butter Sandwich / Peanut Butter Bagel: use small tube packets for peanut butter distribution	300 - 600
• Wraps: pack tortillas, cheese, peanut butter, deli meat*	300 - 600
• Trail Bars & Trail Mix	300 - 600

Requires Boiling Water	Calories
• Ramen Noodles: Boil water, put 1 Ramen noodle packet in a wide mouth thermos; add beef jerky or dried vegetables	200+
• Idahoan Instant Mashed Potatoes OR Couscous + Jerky or Dried Chicken + Dried Vegetables – pack in serving size Ziplock bags and add hot water (Pre-Pack: cooked bacon, dried shitake mushrooms, dried onions, crushed spinach, dried fruits, raisins, dried cranberries)	300 - 600
• Freeze-Dried Meals: Boil water and pour into the bag	300 - 500

\* Perishable

# Simple Dinner Ideas



## I Tend to Avoid

- Anything that comes in pre-formed containers ... takes up too much space
- Too many nuts or dried fruits ... too heavy
- Chocolate ... melts all over the place
- Anything that can spoil

## An Idea To Consider ...

What's wrong with this photo?

*(aside from the massive grill while backpacking 😊)*



What's right with this photo?



## An Idea To Keep Backpacking Meals Scout Led

Scouts plan, prepare, and cook their own food

Adults are responsible for themselves

- This approach solidifies the role of the Grubmaster
- Keeps things simple for the Scouts -> Fewer interactions with over-directive adults
- Emphasizes the Scouts' use of "Troop Gear"
- Troops should consider purchasing a common set of backpacking stoves for Scout use
- Open flame stoves are great for cooking fish, but a JetBoil is a wonderful stove to teach a young Scout how to use on their own without burning down the forest and prompting all the adults to "hoover"
- Adults are free to geek-out on their own backpacking meal adventures while staying out of the Scouts' way