

Troop 88 Backpacking Food & Water Plan

Food Plan

\$20 - for traveling meals

Friday - Dinner Payson

Sunday - Lunch Payson

Trail Meals - (2 breakfast, 1 lunch, 1 dinner)

Repackage meals when appropriate for compactness, organization, and trash/weight reduction.

Breakfast: planned, prepared, and packed by the scout. If hot food is desired then it should not require more than heating water. A no-cook option, however, is ideal.

Lunch: no-prep/low-prep. A "sack" lunch. Should not require a stove or equipment.

Dinner: A freeze-dried pre-packaged backpacker meal is recommended (cooks with boiling water in a foil pouch). Recommended: Mountain House brand multi-serving meals (single serving pouches are not likely to satiate by themselves). These cost about 10\$ at R.E.I. Backpacker's Pantry brand is another example.

Trail Snacks

Meals should be supplemented with a modest amount of healthy, energy dense, trail snacks. Candy / cookie / basic chips, etc. should be minimal. A small amount is ok. Keep packaging and weight minimal by repackaging snacks as appropriate. High fat, high protein snacks are best due to the high calorie expenditure of the activity. Durable foods. Snacks needed for Saturday only.

Scouts do NOT need any stove or fuel. For the freeze-dried dinner, a spoon is required. One with a long-handle is ideal to reach the bottom of the pouches. If your meal plan requires anything else, bring it.

Backpacking Food 101 -- 100 Food Ideas for Beginner Backpackers

<https://www.99boulders.com/best-backpacking-foods>

<https://ihmscouts.org/backpacking-food/>

Examples of quality trail food (calorie dense, low weight):

- Nuts and seeds, all varieties. Nut butters
- Dried fruit, banana chips, etc
- Quality "trail mix"
- Fresh fruit is ok but only in small amounts because they are heavy, mostly water, and not durable.
- Protein bars, granola bars, other "energy" bars. KIND brand bars are excellent.
- Hard cheese
- Tuna/chicken pouches
- Jerky, any kind
- Tortillas, bagels (regular bread gets smashed and crumbled)
- Multi-grain crackers

Water Plan

All scouts are required to be able to carry a minimum of **3 Liters** of water (7# when full) in two separate containers one of which must be a durable hard-sided bottle.

Example: A 2 Liter “Camelbak” bladder and a 1 Liter “Nalgene” bottle.

Example 2: If you have a 3L “Camelbak” you *still* need a 1L Nalgene even though you have met the minimum volume. The purpose is to have some redundancy to safeguard against a failed container.

Scouts will top off their water from vehicle sources prior to hiking out Saturday morning. Water will be refilled from natural sources along the rest of the trip (properly filtered and treated). The Troop will be providing all water filtering/treatment gear and scouts do NOT need any water equipment except for the containers themselves. Water treatment/filtering will be appropriately supervised as required to ensure safe procedures.