

Backpacking Menu

Scout: _____

Sign-off: _____

Tips: Target at least 2000 calories / day with high protein, calorie-dense foods. Reduce packaging as possible to save weight and pack size. Bring enough food but it is also very easy for beginners to bring too much food and have an unnecessarily heavy pack.

Friday	Meal Type	Item	Amount	Calories
Dinner	\$10			

Saturday	Meal Type	Item	Amount	Calories
Breakfast	no-cook			
Lunch	trail, packed			
Dinner	trail, packed			
Snacks	trail, packed			

Sunday	Meal Type	Item	Amount	Calories
Breakfast	trail, packed			
Lunch	\$10			

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Example

Scout: _____

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Tips: Target at least 2000 calories / day with high protein, calorie-dense foods. Reduce packaging as possible to save weight and pack size. Bring enough food but it is also very easy for beginners to bring too much food and have an unnecessarily heavy pack.

Friday	Meal Type	Item	Amount	Calories
Dinner	\$10			

Saturday	Meal Type	Item	Amount	Calories
Breakfast	trail, packed	Instant oatmeal	1	~400
		Kind Breakfast bar	2	
		Cutie Orange	2	
		Starbucks Via instant coffee packet	1	
Lunch	trail, packed	tortillas	2	~1000
		peanut butter (2oz packet)	2 oz	
		fig newtons	4	
		jerky	1 oz	
Dinner	trail, packed	Mountainhouse - Yellow Curry w/Chicken and Rice	1	510
Snacks	trail, packed	homemade trail mix	1	~500

Sunday	Meal Type	Item	Amount	Calories
Breakfast	trail, packed	Instant oatmeal	1	~400
		Kind Breakfast bar	2	
		Cutie Orange	2	
		Starbucks Via instant coffee packet	1	
Lunch	\$10			