TROOP 1776 - BACKPACKING MENU PLANNING

|  |  |  |
| --- | --- | --- |
| **Breakfast** | **Lunch/Snacks** | **Dinner** |
| Oatmeal  Cream of Wheat  Cold Cereal (dehydrated milk)  Cereal bar(s)  Granola bar(s)  Eggs(powdered)  Pop Tarts  Packaged dehydrated meal  Hot chocolate packs  Powdered fruit drink  Tea, Coffee (instant) | Trail mix  Granola bar(s)  Beef jerky  Pepperoni  Summer Sausage  Cheese (baby bell)  Nuts  Peanut butter  Crackers  Flat bread | Ramen Noodles  Lipton Dinners (add water)  Cup-o-soup(s)  Instant potatoes  Canned chicken/tuna/ham  Instant Rice  Spam  Packaged dehydrated meal (add water) |

***Make sure all items do not need refrigeration – check packages***

|  |  |  |
| --- | --- | --- |
| **Day 1** | **Day 2** | **Day 3** |
| Breakfast | Breakfast | Breakfast |
|  |  |  |
|  |  |  |
| Trail Snack | Trail Snack | Trail Snack |
| Lunch | Lunch | Lunch |
|  |  |  |
|  |  |  |
| Dinner | Dinner | Dinner |
|  |  |  |
|  |  |  |
|  |  |  |
| Snack | Snack | Snack |
|  |  |  |
|  |  |  |

**BACKPACK PLANNING – *GUIDELINE (a little over/under is OK)***

|  |  |  |  |
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|  | **You** | **Example** |  |
| Your weight |  | 150 lbs |  |
| Your weight x 0.25 |  | 37.5 lbs | Maximum Carry Weight |
|  |  |  |  |
| Your pack and gear |  | 20 lbs |  |
| Food weight |  | 5 lbs |  |
| Troop gear weight |  | 4 lbs | ½ of a tent |
| Carry weight |  | 39 lbs | 1.5 lbs too much |