TROOP 1776 - BACKPACKING MENU PLANNING

|  |  |  |
| --- | --- | --- |
| **Breakfast** | **Lunch/Snacks** | **Dinner** |
| OatmealCream of WheatCold Cereal (dehydrated milk)Cereal bar(s)Granola bar(s)Eggs(powdered)Pop TartsPackaged dehydrated mealHot chocolate packsPowdered fruit drinkTea, Coffee (instant) | Trail mixGranola bar(s)Beef jerkyPepperoniSummer SausageCheese (baby bell)NutsPeanut butterCrackersFlat bread | Ramen NoodlesLipton Dinners (add water)Cup-o-soup(s)Instant potatoesCanned chicken/tuna/hamInstant RiceSpamPackaged 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)***

|  |  |  |  |
| --- | --- | --- | --- |
|  | **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 |