

Food for Thought While Hiking



Water is the important thing to have on your hike...minimum of 2 litres but more is better if it is hot.

Backpacking is a calorie intensive activity. Eating enough and eating the right foods is essential to having enough energy to enjoy your trip. Being hungry will make the trail seem like a punishment instead of an adventure and it will leave you lacking the energy to enjoy the magic and mystery of the mountain.

Breakfast is important so try to eat that high-fat, high protein homemade granola for breakfast, with some dried fruit, nuts and milk. Oatmeal for breakfast will last you until noon. Milk in the oatmeal will add protein. Olive oil has 250 calories per ounce, nothing you carry can give you more calories per ounce, and it is fat, which your body really likes, doesn't give you that sugar spike thing. I've never found anything better than oatmeal for long lasting energy and quality. Toss in whatever else you have like raisins, currants, cranberries, apples and cinnamon and it will taste good. Salmon, tuna (great oils) or boiled eggs, raw vegetables are all great to pack for lunch.

Calorie-dense food is a great way to revive flagging energy and boost your mood. Try candy bars, energy bars, chocolate or a handful of any trail mix. You want a balanced diet with protein, carbohydrates, healthy fats, fiber, vitamins and other nutrients.

Nutritionally dense, non-perishable foods like nuts, dried fruit, beef jerky, crackers and cheese, protein bars, peanut butter, almond butter, nutella or hummus on crackers or healthy whole grain or sprouted bread and pumpnickel. (add honey to the peanut butter). Many foods such as oranges, pineapple, strawberries, mango, can be cut up and put in a freezer bag for a great snack along with other fruits. There are many trail mixes available or you can make your own. The Bulk Barn has many healthy items to make your favorite mix.

Electrolyte enhanced drink tabs are great. If you hit a low putting one tablet in your water bottle helps. Drinking lots of water and having frequent snacks along the trail will keep you alert and able to hike and feel good.



Happy, Happy, Happy Trails!