

Backpacking Trip Menu Ideas
(For a group of 2-4 boys)

Lunch

bagels/peanut butter/ individual packs of honey or jelly
tortillas or pitas w/ tuna, canned chicken/ cheese
summer sausage/ cheese/ crackers(like Wheat Thins, bagel chips)
Lunchables w/o drink
sides: dried fruit, Fritos

Dinner

Liptons Noodles and Sauce or Rice and Sauce w/ canned chicken, ham, tuna, or dried beef
Stove Top Stuffing w/ canned chicken
Red Beans and Rice (quick cooking) w/ kielbasa
Mac & Cheese (Kraft – small box, or, other – need powdered milk for some!)
Sides: carrots, celery, dried fruit, cookies
hot chocolate, apple cider mixes

Breakfast

Instant oatmeal
Instant grits w/ powdered cheese added or flavored varieties
Instant mashed potatoes w/ powdered cheese or gravy mix added
Slim Jims

Snacks (Brought Individually)

Payday candy bars (filling w/ peanuts)
Trail Mix
Dried Fruit

Breakfast Sat. morning, if before the hike begins, could be anything. Coleman stoves could be used and left at the campsite. Coolers with juice or milk could also be brought.

Food should be re-packaged into Ziploc bags for reduced size/ weight/ trash. Keep any instructions for cooking.

Each group will need one pot for cooking their main dish and one backpacking stove. Each person will need a camp cup, utensils (spoon!), mug or bowl.

Backpacking Trip Packing List

Clothing

Hiking Boots - worn in, not new

Nylon type pants (windsuit pants) NO JEANS! Could wear swimsuit underneath

Polyester (Non-cotton) T-shirt

Sweater/ Vest (Not a heavy cotton sweatshirt)

Jacket (Not a big heavy or down jacket)

Socks - thin liner socks, good hiking socks (not scout socks, unless wool)

Rainsuit - coated nylon works well (available at Wal-Mart) Not a poncho

Hat and Ear Protection (headband)

Gloves - Comfortable lightweight gloves

Some spare quart and gallon ziploc bags for trash, gloves, misc. use

Sleeping

1 tent and groundcloth for 2-4 to share (divide up for hike)

Pad - (Best is Z-Rest or Ridgerest that folds up like a map, very lightweight)

Sleeping Bag - Synthetic filled (Not cotton)

Accessories

WATER - 2 quarts per person in Nalgene type bottles or hydration pack

Iodine tablets for group

Toilet paper(not a whole roll, put some in a ziploc bag)

1 backpacker trowel/shovel per group

Travel size toothpaste, toothbrush

Small personal first aid kit (moleskin, Band-aids, pain reliever, antibiotic cream)

Small flashlight (2-AA size or smaller)

2 large garbage bags (lawn size, commercial weight)

Snacks

Your backpack should be less than 1/5 - 1/4 of your body weight, so think light!!