



Food!

One of the most important parts of any outing! Well planned trail meals can bring utter happiness, but great food stress can arise from poor planning. Backcountry cooking can be tons of fun and does not have to be complicated. Just like your itineraries, start easy and work your way up. Once you have your backcountry kitchen drill down, you will be whipping up cinnamon buns for breakfast and pot pies for dinner in no time.

Meal Planning

When concocting your meal plan, take into consideration several things:

- Who is cooking your meals and what is their cooking experience? If simply lighting a stove and boiling a pot of water is going to take your crew a long time, stick with a meal like mac and cheese where that's about all you have to do.
- How much time do you have to make a meal? Are you planning on getting out of camp in order to catch sunrise? Then maybe pancakes are not your most efficient bet, and oatmeal would get you moving quicker.
- Do you have a long day of paddling and don't plan on getting into camp until late? Again, plan for something simple and filling that will be delicious and not involve lots of chopping, many dishes, and a long cooking time.
- It can be the case that trip participants will be physically exerting themselves harder than they are used to and therefore get hungrier than usual. Pack plenty of food so that nobody is worried that there will not be enough.
- All of these factors, as well as your group size, the activity you are doing, and the weather (cold weather warrants more calories) should help determine your menu.
- For a multi-day trip, plan to eat your more perishable items earlier in the trip and save the canned or dried items for the end.

Water

Do not forget to think about how (and in some cases your food) will stay hydrated.

- Are you going to need to carry all your water for a given trip or will there be water along the trail/at your campsite?
- Is it potable? If not, how will you purify your water? Pumps, filters, and iodine or bleach drops are all appropriate, but think about the number of people for whom you will be purifying water and where your purifying/pumping will take place when planning the best method for your group.



Some Meal Basics

We will leave proportions up to you and your group. Feel free to make your own variations!

Staples

Some basics that are useful most everyday, your group will settle into their favorites.

- Oil
- Spices: salt, pepper, garlic powder, basil, paprika, cinnamon
- Honey/Maple Syrup
- Raisins
- Flour
- Tea/Hot Chocolate
- Hot Sauce

Breakfast:

Fruit is a great addition to any breakfast!

- Breakfast sandwiches—eggs, english muffins, bacon, cheese
- Breakfast burritos—tortillas, salsa, eggs, sausage, any leftovers from Mexican dinner, cheese
- Oatmeal—Oats, raisins, honey/maple syrup
- Cereal and Yogurt—your choice of cereals, powdered or fresh milk, yogurt
- Hash browns—real potatoes or dehydrated hash browns, cheese, onion
- Pancakes—premix your ingredients, syrup, fruit

Lunch:

Any dinner leftovers! If participants use Tupperware for their dishware, any leftovers can be easily stored.

- Sandwiches—many filling options: any type of cold cut, cheese or hummus. Salad can be made from eggs, canned chicken or tuna. There are many bread options as well: pitas, wraps, bread, or even crackers. Lettuce, tomato, mayo, mustard always complete a good sandwich. PB & J is also a great option.
- Trail lunch—crackers, cold cuts and cheese and GORP (see below)



Snacks:

Do not underestimate the power of snacks!

- GORP—traditionally stands for Good Old Raisins and Peanuts, but you are certainly not limited to these. Mix whatever your club’s favorite ingredients are together for personalized GORP. The bulk section of the grocery store is a great place to find some of these. Here are some ingredients you might include: Nuts, dried fruit, pretzels, seeds, chocolate chips, goldfish, M&Ms, granola.
- Yogurt or chocolate covered pretzels
- Chips
- Granola Bars
- Fruit

Dinners:

- Mac and Cheese—pasta, cheese, milk, salt and pepper. Veggies are also a great addition.
- Mexican—tortillas, rice, beans, cheese, onions, peppers, some kind of meat
- Stir-Fry—rice, veggies (carrots, mushrooms, broccoli, peppers, onions, zucchini, eggplant, cabbage), meat or tofu, sauce: soy sauce, ginger, garlic, honey, chili powder, other spices
- Pita Pizzas—pita bread, tomato sauce, cheese, pepperoni, onion, and any other toppings
- Pasta w/ Sauce & Garlic Bread—pasta, sauce (tomato, alfredo, pesto), cheese, bread or pita, butter, garlic

General Serving Guidelines

Item	Dry	Yields Cooked	Pack per person
Rice	1 cup	4 cups	½ cup
Beans	2.5 cups	6 cups	½ cup
Lentils	2 ¼ cups	4 cups	½ cup
Macaroni	1 cup	2 cups	1 cup
Spaghetti	4 cups	8 cups	¼ lb
Oatmeal	1 cup	2 cups	½ cup