

Backpacking Food Examples

Item	Meal	Notes
Tang	Beverage	
Gatorade	Beverage	
Hot Cocoa	Beverage	
Powdered Lemonades	Beverage	
Crystal Light	Beverage	
Eggs	Breakfast	Must be packaged carefully
Instant Breakfast	Breakfast	Need powdered milk
Oatmeal	Breakfast	
Granola	Breakfast	Eaten dried or add powdered milk
Breakfast Bars	Breakfast	
Pancakes	Breakfast	Just add water type
Grapenuts	Breakfast	Eaten dried or add powdered milk
Bacon	Breakfast	Already cooked. Available at grocery stores and Costco.
Granola Bars	Breakfast/Lunch	
Tortillas	Breakfast/Lunch/Dinner	Nice Substitute for bread
Olive Oil	Condiments	For cooking & extra calories
Honey Packets	Condiments	
Salsa Packets	Condiments	
Top Ramon	Dinner	As a soup, meal or noodles for spaghetti
Pudding	Dinner	Dessert
Cup of Soup	Dinner	Good way to replace fluids
Instant Refried Beans	Dinner	Dried mix in Health Food Store. Good with tortillas
Rice-a-Roni	Dinner	
No Bake Cheesecake	Dinner	Dessert
Macaroni and Cheese	Dinner	Add tuna, chicken or sausage if desired
Instant Mashed Potatoes	Dinner	Various Flavors. Don't forget the gravy!
Freeze Dried Meals	Dinner	Available at Wal-Mart & REI. More expensive
Stove Top Stuffing	Dinner	
Noodle Dishes	Dinner	Uncle Bens, Lipton, etc. Look at cooking times.
Chili	Dinner	Dried mix in Health Food Stores
Gravy	Dinner	For mashed potatoes
Dried Peas	Dinner	
Spaghetti	Dinner	Can use Top Ramon noodles
Tomato Paste	Dinner	Dry in oven and put in plastic bag to make sauce
Trail Mix Bars	Lunch	
Peanut Butter	Lunch	
Pringles	Lunch	
String Cheese	Lunch	
Summer Sausage	Lunch/Dinner	
Fruit Snacks	Lunch/Dinner	
Crackers	Lunch/Dinner	
Foil Packed Tuna	Lunch/Dinner	
Foil Packed Chicken	Lunch/Dinner	
Cookies	Lunch/Dinner	Make sure they don't melt
Cheese	Lunch/Dinner	
Dehydrated Fruit	Lunch/Snack	Apricots, bananas, mango, pineapple, etc.
Dark Chocolate	Lunch/Snack	Melts at higher temperature
Beef Jerky	Lunch/Snack	
Red Vines	Snacks	
Trail Mix	Snacks	Make your own or buy prepackaged.
Nuts	Snacks	
Raisins	Snacks/Breakfast	
Slim Jims	Snacks/Lunch	