

Common foods that can be used for Back Packing

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Lunch and Dinner

Canned or foil pouch ham, ground beef, chicken, turkey
Tuna Fish/ salmon/ etc. (pre cooked in commercial pouches)
Crackers (saltines, Ritz, etc)
Pilot Biscuits
Black beans and rice (or other commercial rice dishes)
Noodle dinners
Ramen Noodles
String cheese or other individual cheese product
Bread sticks
Powered mashed potatoes (consider adding bacon bits)
Canned or pouch pasta dishes Mac and cheese (type not needing milk and margarine preferred)
Peanut butter, jelly and honey
Chili and or Refried beans (dry or canned)
Soups (dry or canned)
Jerky/ Slim Jims
Summer sausage/ beef sticks

Notes: canned verses dry and foil pouched foods.

Canned items can be cooked in can, but the can needs to be packed out. Unless condensed, no additional water is need for preparation, but cans are heavy.

Dry foods are light, but additional water is needed for preparation. Containers collapse easily and are light.

Foil or plastic pouched foods tend to be lighter than canned by heavier than dried. They usually do not require additional water for preparation. Containers collapse easily and are light.

Snacks

Trail Mix/Gorp
Jerky/ Slim Jims
Summer sausage/ beef sticks
Chex Mix
Dried fruit (bananas, apricots, pineapples, etc.)
Fruit by the Foot
Cookies
Energy bars (Cliff, etc.)
Corn nuts
Sunflower seeds
Apple sauce (individual packs)
Pudding (individual packs)
Rice Crispy Treats
Fruit cups
Raisins
Pretzels

Drinks

Water
Powered hot cocoa
Gatorade, Crystal Light (or other individual packed mix)
Coffee (sugar, dry creamer or flavored creamer)
Hot spiced cider

Breakfast

Instant Oatmeal
Instant oats
Granola cereal or bars
Cereal
Fruit bars
Pastries (Pop Tarts, etc)