

Lake O - FOOD Information/Suggestions

One thing we always look forward to on the trail is food. A great meal after a long day of hiking is exactly what the body needs.

Food/M meal Planning - there are multiple options when it comes to preparing food as a group. You will meet with your group and decide what is the best option for you:

Option #1 - All meals are planned, prepared and eaten with your partner

Option #2 - All meals are planned, prepared and eaten as a group

Option #3 - Hybrid model and the one we recommend! Individuals plan and prepare their own breakfasts and lunches, but dinners are communal. This meals each partnership plans and prepares one meal for the entire group.

Food Suggestions

<p><u>Snacks:</u> Trail mix Fruit Leather or granola Bars Fresh or dried fruit (apples, oranges etc.) Chocolate (M&M's or chocolate covered almonds are awesome!) Crackers and cheese Pepperoni Sesame snaps Licorice</p>	<p><u>Drinks:</u> Iced tea, lemonade or gatorade crystals or mio Hot chocolate Instant coffee Tea</p>
<p><u>Breakfast:</u> Instant oatmeal or cream of wheat (consider adding fruit, protein powder and/or nuts) Granola or musilix (with powdered milk) Bagel or english muffin with peanut butter/jam Boiled eggs</p>	<p><u>Lunch:</u> Sandwich, pita or wrap with processed meat, cheese, hummus and veggies Peanut butter and jam/honey bagel Pizza bun Soup (packaged) - can make in the morning and store in a thermos for lunch on the trail Homemade lunchables (crackers, meat, cheese...)</p>
<p><u>Dinner</u> Pasta (penne, spaghetti, stroganoff...) Rice (curry, stir fry, taco bowls...) Minute rice is best. Vacuum packed/pre-cooked/frozen meat for first 2 days, dehydrated/smoked for later meals Fresh vegetables when possible, dehydrated also an option Dehydrated stew or chile with instant mashed potatoes</p>	<p><u>Dessert</u> Rice crispy of puffed wheat squares Pudding in a bag Chocolate Gummies/Candy Cookies</p>

Considerations:

- On departure day, eat a big breakfast at home and bring a bagged lunch for the bus ride
- Bring money for lunch on the return bus ride
- Dehydrating can easily be done in your oven and may be necessary for meals later in your trip
- Try to balance your protein and carbohydrates - you will need both
- Plan dinners that can be cooked in 1-2 pots

Through Hiking Considerations	Day Hiking Considerations
<p>You will be carrying all of your food for the duration of your trip. This means it needs to be light and non-perishable</p> <p>Food should be packed in a bag that can easily be slung up a tree or on a bear pole. We recommend 1-2 stuff sacks</p> <p>You will need to pack out all trash and leftover food when through hiking so pack accordingly (minimize packaging before you hit the trail)</p> <p>We like to pack meals by day in a Ziploc bag and use that bag to collect and pack out your garbage</p>	<p>You will be carrying your lunches for your day hikes. Try to minimize packaging as you will need to pack out everything you pack in for the day.</p> <p>At camp, your food will be stored in a support vehicle. We suggest a rubbermaid bin and/or cooler shared with your group</p> <p>As you will not be carrying your breakfast or dinner, it is possible to bring heavier items (canned vegetables for example)</p> <p>You will not have refrigeration beyond your groups cooler so pack perishables in it, use them early in the trip and minimize opening the cooler</p>

Resources - There are plenty of resources online to help you plan and prepare your meals, but here are a few of our favourites:

Recipe Ideas:

[Backpacking Chef](#)

Yummy Life - Make Your Own [Instant Soup](#) and [Backpacking Food](#)

[Hippy Homemaker](#) (Vegan/Vegetarian ideas)

[Trail Recipes](#)

[Backpacker](#)

[Dirty Gourmet](#)

Resources:

[MEC meal planning](#)

[REI meal planning](#)