

3 Day Backpacking Menu

No special backpacking food is required. It just needs to be lightweight, which generally means dry. All of these ingredients can be obtained at grocery stores. Most have a long shelf life and can be stored at home until needed. If an emergency occurred, it would be best to eat your perishable foods first. On a backpacking trip, for the first day or so, you can take foods like fruits, vegetables and meats. The primary consideration is the weight.

Day 1

Breakfast

Granola bars, dried fruit, raisins, orange juice/tang/powdered drink mix

Lunch

Sandwiches, chips, carrots/celery, box drinks

Dinner

Rice-a-roni, rolls, butter, fruit punch

Day 2

Scones, honey, jelly, butter, milk

Rye crisp, chip beef/jerky, dried fruit, nuts, candy bar

Spaghetti with sauce and cheese, french bread, garlic butter, pudding, lemonade

Day 3

Cereal, milk (powdered)

French onion soup, crackers, dried fruit

Beef stroganoff with pasta, bread sticks, fruit punch

Dad it would be good to include here instructions for packaging the food to keep it from getting squished and broken, and how to keep perishable food fresh/frozen.