

Back Packing Food

	Breakfast		Lunch		Snack
Protein	Cheese Jerky Peanut butter Dry Non-fat milk	Protein	Cheese Jerky Slim Jim Peanut Butter Dried Beef Vienna Sausage Summer Sausage Potted Meat (Individual Serving Can) Canned Tuna (Individual Serving Can) Canned Chicken (Individual Serving Can)	Protein	Peanuts Almonds Mixed Nuts Cheese Jerky Slim Jim
Cereal	Instant Oatmeal Instant Grits Dry Breakfast Cereal Nutri-Grain Bars Granola Granola Bars Cereal Bars	Cereal	Pita Bread Flour tortillas Corn tortillas Crackers Flat Bread	Cereal	Trail Mix GORP (see web page) Snack Crackers Little Debbie Oatmeal Pies Dry Breakfast Cereal
Fruit/Vegetable	Raisins Prunes Dried Apricots Dried Bananas Dried Apples Any Dried Fruit	Fruit/Vegetable	Raisins Prunes Dried Apricots Dried Bananas Dried Apples Any Dried Fruit	Fruit/Vegetable	Raisins Prunes Dried Apricots Dried Bananas Dried Apples Any Dried Fruit

Beverages:

Water

Tang

Crystal Light

Non-Fat Dry milk