

Backpacking Menu Suggestions

Breakfast	Lunch/snacks	Supper
Oatmeal	Trail mix	Ramen Noodles
Cream of Wheat	Granola bars	Lipton Dinners
Cold cereal (dehydrated milk)	Beef jerky	Cup-o-soups
Cocoa	Pepperoni	Instant potatoes
Powdered fruit drink	Peanut butter	Canned chicken/tuna/ham
Cereal bars	Cheese	Tuna helper, tuna
Tea , coffee	Crackers	Mac and Cheese
Beef jerky	Gorp	Casserole
Granola bars	Nuts	Rice
Eggs		Spam
Pancakes		Pasta
Granola		Pancakes, spam, syrup
Pop tarts		Chipped beef
Pancakes		MRE's
Day 1	Day 2	Day 3
Breakfast	Breakfast	Breakfast
Trail snack	Trail snack	Trail snack
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner
Snack	Snack	Snack

	You	example	
Your weight		150 lbs	
Your weight x .25		37.5 lbs	Maximum carry
Your pack and gear		30 lbs	
Food weight		5 lbs	
Troop gear weight		4 lbs	1/2 a tent
Carry weight		39 lbs	1.5 lbs too much