

Backpacking/Outdoor Food

Breakfast

- Granola
- Oatmeal
- Grits
- Grape nuts
- Breakfast bars
- Dried Milk
- Raisins
- Dried Fruit
- Hash browns
- Pancakes
- Tang
- Powdered breakfast drink

Lunch/ trail food

- Dried fruit
- Granola bars/ energy bars
- Bagels, pita bread, tortillas, English muffins
- Nuts and seeds
- Peanut butter, jelly, honey
- Cheese
- Tuna
- Fresh fruit
- GORP
- Instant humus
- Pepperoni or dried meat

Dinner

- Lipton cup of soup
- Ramen noodles
- Pasta
- Rice
- Bulgur
- Falafel
- Couscous
- Beans
- Potato flakes
- Vegetables – dehydrated or fresh
- Cheese
- Pepperoni or other dried meat

Miscellaneous

- Brown or white sugar
- Maple syrup, honey
- Tea, coffee
- Cocoa
- Powdered milk
- Drink mix (lemonade, iced tea, fruit punch, Gatorade, tang)
- Margarine
- Spice kit: salt, pepper, garlic powder, chili powder, curry, cinnamon, oregano, basil, cumin, cayenne, dill, hot sauce, etc.