



RESOURCE GUIDE

MEAL PLANNING, PACKING LISTS, AND MORE

MENU PLANNING TIPS

Check out our online cookbook for some great backcountry recipes!
<http://www.campusrec.auburn.edu/fieldguide>

Food can be one of the hardest parts of a trip to plan. When it comes to backpacking it's easiest to focus on a menu that reaches these three goals.

1. A food plan that will meet your energy and nutrition requirements.
2. A food plan that is easy to prepare with the equipment that you have.
3. A food plan that will not be too heavy to carry.

ENERGY AND NUTRITIONAL REQUIREMENTS

The average person requires 1,500 – 2,000 calories per day. While backpacking, the average person requires 2,500 – 3,500 calories per day. An increase of 1,000 calories per day. So when you're planning a menu keep in mind that you'll want about 1,000 more calories per day than you would normally eat.

ACTIVITY	CALORIC REQUIREMENT/DAY	FOOD WEIGHT/DAY
Normal Activity	1,500 – 2,000 calories	1.25 – 1.5 lbs.
Backpacking	2,500 – 3,000 calories	1.75 – 2 lbs.

It's important to remember your food groups when planning a menu! Backpacking is hard work so you need to make sure your body is up for the challenge. Simple carbohydrates will give you short-term energy, so trail snacks and candy are good to keep accessible. Complex carbs (trail pasta or whole wheat bread) are good to include in your meals as they give you more long term energy. Fats give you slow burning, long-term energy. And proteins are an essential part of your diet as well, they are just a bit harder to get in the backcountry.

EASE OF PREPARATION

The one-pot meal approach is used by lots of backpackers. By planning your meal around the ability to cook it in one pot you can decrease cooking time and reduce the amount of fuel needed. That's not to say that you shouldn't plan difficult meals, sometimes the most fun time to cook is in the backcountry. Just be honest with yourself. There's nothing worse than being tired and hungry with no motivation to cook the meal you have planned.

WEIGHT

When you're backpacking it's helpful to keep the weight of your pack low. There are a couple ways that hikers generally save weight on food.

- Buy food that weighs less. Focus on foods that have been dehydrated, such as dried beans, instant potatoes, pasta, etc.
- Avoid heavy packaging, especially cans and glass. It is helpful to repack your food into zip-loc bags that you can label to cut down on weight and stay organized.

SUGGESTED FOODS

Plan on eating heavier meals first to cut down on weight faster.

BREAKFAST

- Bagels
- Raisin Bran
- Granola
- Grits
- Muesli
- Oatmeal
- Pancake mix (just add water mix)
- Dehydrated Hash browns

DRINKS

- Coffee
- Hot chocolate
- Tea
- Powdered milk (for cereal)

SNACKS

- Almonds
- Cashews
- Chocolate chips
- Candy
- Trail Mix
- Granola Bars
- M&Ms
- Dehydrated Fruit
- Peanuts
- Raisins
- Walnuts
- Pretzels
- Gold Fish
- Snickers Bars

DINNER

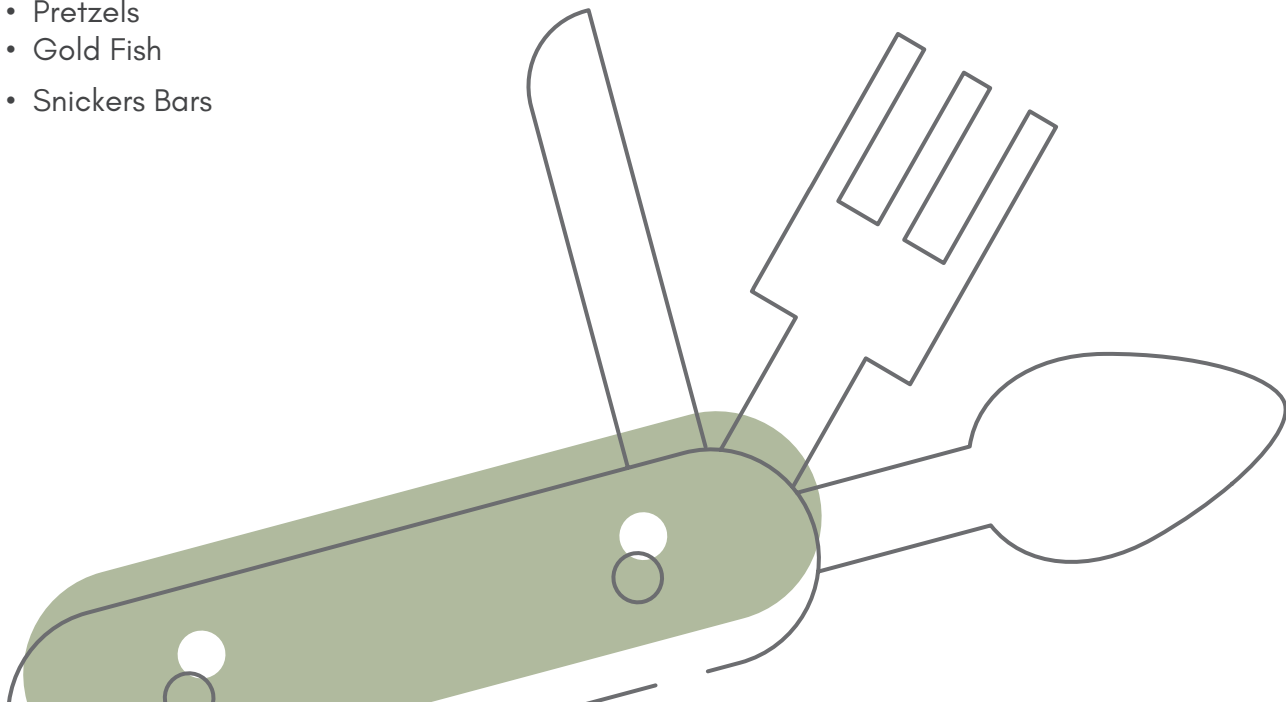
- Pasta (spaghetti, egg noodles, shells, etc.)
- Pasta sauce mix (alfredo, tomato, etc.)
- Dried black beans
- Couscous
- Dehydrated soup mixes
- Instant rice
- Ramen noodles
- Tortillas
- Quinoa
- Instant Mashed Potatoes

FATS AND PROTEINS

- Butter - can put it in a water bottle or plastic bag
- Cheese - blocks last longer than slices
- Peanut/Almond Butter
- Summer sausage
- Pepperoni slices
- Tuna

FRUITS AND VEGETABLES

- Apples
- Oranges
- Tangerines
- Carrots
- Potatoes
- Garlic
- Onions



BASIC BACKPACKING PACKLIST

**Available for rent from Auburn Outdoors for independent trips.

+Additional items provided by Auburn Outdoors for AO trips.

ESSENTIALS

- Photo ID
- Maps and charts **
- Compass**
- Knife/ multi-tool
- Multifunction watch
- Headlamp/ flashlight (with extra batteries)**
- First -Aid supplies +
- Sunglasses
- Sunscreen
- Lip balm
- Water bottles/ Camelback
- Water treatment method +
- Small amount of cash

CAMPING BASICS

- Sleeping bag **
- Sleeping pad **
- Meals and trail snacks +
- Stove and Fuel **
- Dishes, bowls, and cups **
- Bear canister or hand bag +
- Camp mug +
- Insect repellent
- Personal hygiene items / medications
- Sanitation trowel +
- Hand sanitizer
- Camera
- Nylon cord +
- Tent **



CLOTHING (WARM WEATHER)

- Wicking t-shirt
- Wicking underwear
- Quick -drying pants / shorts
- Long-sleeve shirt (for sun / bugs)
- Sun-shielding hat
- Bandanna or buff
- Raingear +
- Wool or synthetic socks +
- Hiking boots / socks +
- Sandals (for fording / in camp)

CLOTHING (COOL WEATHER)

- Wicking long-sleeve shirt
- Wicking underwear
- Hat, balaclava, skullcap
- Fleece jacket or vest and pants +
- Synthetic jacket / pants (for insulation) +
- Gloves / mittens +
- Raingear +
- Wool or synthetic socks +
- Hiking boots / socks +
- Sandals (for fording / in camp)

BACKPACKING SPECIFIC GEAR

- Backpack **
- Daypack / summit bag **
- Pack cover
- Trekking poles **

BASIC CYCLING PACKLIST

**Available for rent from Auburn Outdoors for independent trips.
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CYCLING BASICS

- Bike **
- Helmet **
- Water
- Snacks
- Sunscreen
- First-Aid kit+
- Eye Protection
- Medical info/Emergency contact card

REPAIR BASICS

- Spare tube (and/or patch kit)
- Pump/CO2 canisters
- Tire Levers
- Cycling multi-tool

CLOTHING/CONVENIENCE

- Padded shorts
- Wicking jersey or top
- Cycling gloves
- Saddle bag**
- Lock**
- Watch/cycling computer
- Cell phone
- Cash/credit card

PRE-RIDE CHECK

- Tire pressure
- Brake check
- Wheel quick releases secured
- Seat height
- Light/reflector check
- Bolts throughout tightened



BASIC CANOE / KAYAK PACKLIST

**Available for rent from Auburn Outdoors for independent trips.
+Additional items provided by Auburn Outdoors for AO trips.

ESSENTIALS

- Photo ID
- Maps and charts **
- Compass**
- Matches / light / fire starter +
- Knife/ multi-tool
- Multifunction watch
- Headlamp/ flashlight (with extra batteries)**
- First -Aid supplies +
- Sunglasses
- Sunscreen
- Lip balm
- Water bottles/ Camelback
- Water treatment method +
- Small amount of cash

CAMPING BASICS

- Sleeping bag **
- Sleeping pad **
- Meals and trail snacks +
- Cooler +
- Stove and Fuel **
- Cook set and utensils **
- Dishes, bowls, and cups **
- Camp mug +
- Insect repellent
- Personal hygiene items / medications
- Sanitation trowel +
- Hand sanitizer
- Camera
- Packable lantern +
- Tent **

REPAIR KIT OPTIONS

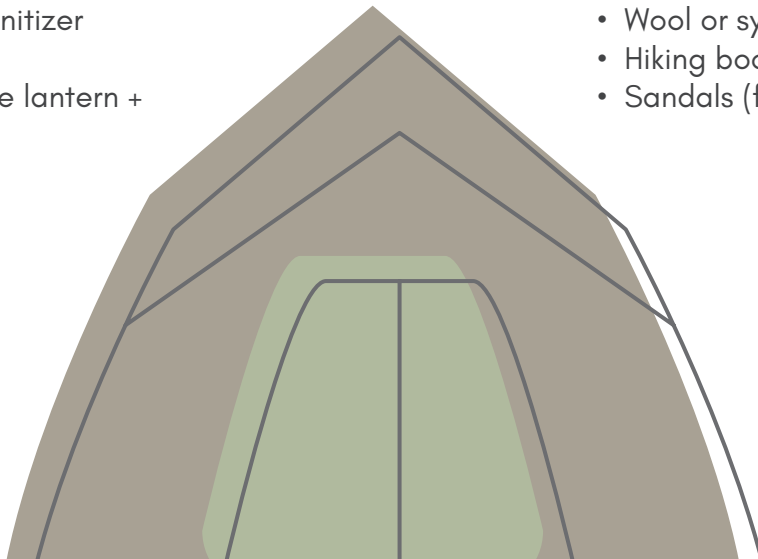
- Sealant
- Bailing wire
- Nylon cord
- Putty
- Replacement nuts / bolts
- Duct tape

CLOTHING (WARM WEATHER)

- Wicking t-shirt
- Wicking underwear
- Quick -drying pants / shorts
- Long-sleeve shirt (for sun / bugs)
- Sun-shielding hat
- Bandanna or buff
- Raingear +
- Wool or synthetic socks +
- Hiking boots / socks +
- Sandals (for fording / in camp)

CLOTHING (COOL WEATHER)

- Wicking long-sleeve shirt
- Wicking underwear
- Hat, balaclava, skullcap
- Fleece jacket or vest and pants +
- Synthetic jacket / pants (for insulation) +
- Gloves / mittens +
- Raingear +
- Wool or synthetic socks +
- Hiking boots / socks +
- Sandals (for fording / in camp)



CANOE / KAYAK SPECIFIC GEAR

- Kayak / canoe **
- Paddle (1 per paddler, plus 1 spare) **
- Dry bags **
- Personal flotation device (1 per person, plus 1 spare) **
- Throw line +
- Bailer / Bilge pump **
- Spray skirt (kayaking) **
- Sponges **
- Signaling devices (whistle, mirror, flares) +
- Dry suit / top **
- Swimsuit
- Neoprene footwear
- Rashguard
- Helmet (for whitewater) **
- Float bags **

