

Backpacking Meal Plans by Trip Type

Meals	Shorter Trips	Fishing Trips	Longer Trips
<i>Snack</i>	Tea & trail mix		
	Boiled eggs	Apples	Yogurt rolls
<i>Breakfast</i>	Oatmeal		
<i>Snack</i>	Trail mix		
			Waxed cheese
<i>Lunch</i>	Dehydrated meal		
<i>Snack</i>	Energy bar		
	Apples		Ginseng candy
<i>Dinner</i>	Dehydrated meal	Fish / poached eggs & flatbread	Dehydrated meal
<i>Snack</i>	Pudding		Candied chocolate
	Trail mix		
<i>Condiments</i>	Salt & pepper, organic cane sugar		
		Ketchup	