



RESOURCES

MEAL PLANNING, PACKING LISTS, AND MORE

MENU PLANNING

Googling recipes is recommended. Ideally, test the recipes at home before trying at the site.

Planning meals can be one of the hardest parts of the trip. When it comes to backpacking, it's easiest to focus on a menu that reaches 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 gear that you have.
3. A food plan that will not be too heavy to carry.

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 are 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 is 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 (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. 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 many 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 is not to say that you should not plan complex meals and sometimes the most fun time to cook is in the backcountry. 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 are backpacking, it is helpful to keep the weight of your pack low. There are a couple ways that hikers generally save weight on food:

- Buy foods that weigh 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 repackage your food in a sandwich bag that can be labeled to cut down on weight and stay organized.



SUGGESTED FOODS

Plan on eating heavier meals to limit the weight of your pack.

BREAKFAST

- Bagels
- Cereal
- Granola
- Grits
- Oatmeal
- Pancake Mix (just add water)
- Dehydrated hash browns
- Eggs (be VERY careful packing and carrying)
- Sausage/Bacon

DRINKS

- Coffee (OAC Staff Favorite)
- Hot Chocolate
- Tea
- Powdered Milk (for the cereal)
- WATER!
- Flavoring for your water is nice too!

SNACKS

- Nuts
- Chocolate Chips
- Candy (snicker, payday, etc.)
- Trail Mix (OAC Staff Favorite)
- Granola Bars
- M&Ms
- Dehydrated Fruit
- Raisins
- Pretzels
- Gold Fish
- Saltines

DINNER

- Pasta (spaghetti, egg noodles, shells, etc.)
- Pasta Sauce Mix (Alfredo, tomato, etc.)
- Dried Beans
- Canned Beans (drain and put in a sandwich bag)
- Couscous
- Rice (Instant)
- Dehydrated Soup Mixes
- Ramen Noodles
- Tortillas
- Quinoa
- Instant Mashed Potatoes
- Sausage and Peppers (Fan Favorite)

FATS AND PROTEINS

- Butter - can put it in a water bottle or plastic bag
- Cheese - blocks last longer than slices
- Peanut/Almond Butter (highly recommend)
- Summer Sausage
- Pepperoni Slices
- Tuna

FRUITS AND VEGGIES

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



BASIC BACKPACKING PACKLIST

*Some items listed are available for checkout at the OAC for independent trips.

ESSENTIALS

- Photo ID
- Maps and Charts
- Compass*
- Matches / Light / Fire Starter
- Knife / Multi-Tool
- Multifunction Watch
- Headlamp / Flashlight*
- First Aid Supplies*
- Sunglasses
- Sunscreen (Priority!)
- Bug Spray
- Lip Balm
- WATER BOTTLE / Camelback (Priority!)
- Water Treatment Method*
- Small Amount of Cash
- Phone Power Bank (your phone will die, be prepared)

CAMPING BASICS

- Sleeping Bag*
- Sleeping Pad*
- Meals and Trail Snacks
- Stove and Fuel*
- Dishes, Bowls, and Cups
- Cook Set and Utensils
- Bear Canister or Hand Bag
- Para-chord
- Camp Mug
- Bug Spray
- Personal Hygiene Items / Medications
- Sanitation Trowel (dig hole to potty)*
- Hand Sanitizer (Priority!)
- Camera (optional)
- Tent*

CLOTHING (WARM WEATHER)

- Wicking T-Shirt
- Wicking Underwear
- Quick Drying Pants / Shorts
- Long Sleeve Shirt (for sun / bugs)
- Sun Shielding Hat
- Bandana or Buff
- Rain Gear
- Wool or Synthetic Socks
- Hiking Boots / Socks
- Sandals (for in camp)

CLOTHING (COOL WEATHER)

- Wicking Long Sleeve Shirt
- Wicking Underwear
- Beanie or Skullcap
- Fleece Jacket or Vest
- Fleece Pants
- Synthetic Jacket / Pants (for insulation)
- Gloves / Mittens
- Rain Gear
- Wool or Synthetic Socks
- Hiking Boots / Socks
- Sandals (for in camp)

BACKPACKING SPECIFIC GEAR

- Backpack*
- Daypack*
- Pack Rain Cover*
- Pack Compressor*
- Trekking Poles*



BASIC CYCLING PACKLIST

*Some items listed are available for checkout at the OAC for independent trips.

CYCLING BASICS

- Bike*
- Helmet*
- WATER (Priority!)
- Snacks
- Sunscreen
- First Aid Kit
- Eye Protection
- Medical Info / Emergency Contact Card

CLOTHING / CONVENIENCE

- Padded Shorts
- Wicking Jersey or Top
- Cycling Gloves
- Saddle Bag
- Sunscreen
- First Aid Kit*
- Bike Lock*
- Watch
- Cell Phone
- Cash / Credit Card

REPAIR BASICS

- Spare Tube (and / or patch kit)
- Pump / CO2 containers (dependent on the type of bike)
- Tire Levels
- Cycling Multi-Tool

PRE-RIDE CHECK

- Tire Pressure
- Brake Check
- Seat Height
- Light / Reflector Check
- Bolts Throughout Tightened



BASIC KAYAK / PADDLE BOARD PACKLIST

*Some items listed are available for checkout at the OAC for independent trips.

ESSENTIALS

- Photo ID
- Maps and Charts
- Compass*
- Knife / Multi-Tool
- Multifunction Watch
- First Aid Supplies*
- Sunglasses
- Sunscreen (Priority!)
- Bug Spray
- Lip Balm
- WATER BOTTLE / Camelback (Priority!)
- Phone Power Bank (your phone will die, be prepared)
- Dry Bag (for clothes)*
- Dry Box (for car keys and phone)

MEAL BREAK BASICS

- Meals and Trail Snacks
- Cooler*
- Bug Spray
- Hand Sanitizer (Priority!)

REPAIR KIT OPTIONS

- Sealant
- Bailing Wire
- Nylon Cord
- Putty
- Replacement nut / bolts
- Duct Tape

CLOTHING (WARM WEATHER)

- Wicking T-Shirt
- Wicking Underwear
- Quick Drying Pants / Shorts
- Long Sleeve Shirt (for sun / bugs)
- Sun Shielding Hat
- Bandana or Buff
- Rain Gear
- Sandals (open toed, but must strap!)

CLOTHING (COOL WEATHER)

- Wicking Long Sleeve Shirt
- Wicking Underwear
- Beanie or Skullcap
- Fleece Jacket or Vest
- Fleece Pants
- Synthetic Jacket / Pants (for insulation)
- Rain Gear
- Wool or Synthetic Socks
- Hiking Boots / Socks
- Wet Suit (if water is cold)

KAYAK / PADDLE BOARD SPECIFIC GEAR

- Kayak / Paddle Board*
- Paddle (1 Per Paddle, Plus 1 Spare)*
- Dry Bags*
- Personal Flotation Device (1 Per Person, Plus 1 Spare)*
- Throw Line
- Bailer / Bilge Pump
- Sunscreen (Priority!)
- Signaling Devices (Whistle, Mirror, or Flares)
- Dry Suit / Top
- Swimsuit
- Neoprene Footwear (must have a strap!)
- Rash Guard
- Helmet (for rapids or whitewater)
- Float Bags

