

All food items shall be in *sealed containers* or *zip lock bags*. Any food that needs to be cooked should only require boiling water to prepare. Remember there is no refrigeration or coolers. The following are suggestions to give you an idea on what to bring. Your food must fit in your backpack so plan accordingly. Only bring enough for yourself, the more you bring the more weight you have to carry.

Snack suggestions:

Hot chocolate packet(s)
Nuts
Gorp
Trail mix
Snack packet(s) – pretzels etc.
Jerky
Packaged fruit snacks
Candy bar
Granola bar

Breakfast suggestions:

Oatmeal packet(s)
Hot chocolate packet(s)
Pop tarts
Packaged fruit snacks
Juice box
Cereal
Granola Bar

Lunch suggestions:

Cup -a- soup packet(s)
Ramien noodles packet(s)
Lunchables – unrefrigerated type
Tuna in the foil pouch
Packaged fruit snacks
MRE – Meal Ready to Eat