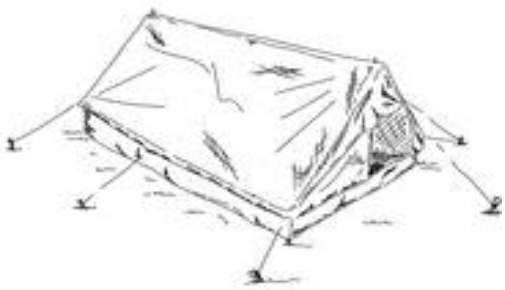
BACKPACKING FOOD IDEAS.

READY TO EAT FOOD IDEAS.
Power Bars
Granola bars
Dried fruits
Canned Tuna
Pemmican
Jerky
Trail mix
Nuts
SELF HEATING MEALS
WHOLE FRUITS; APPLES ETC…
CLIFF BARS
MEAL REPLACEMENT BARS
ADD YOUR IDEAS HERE

ADD WATER AND/OR HEAT IDEAS
PANCAKES
PASTA.
MACARONI AND CHEESE
DEHYDRATED MEALS
TEA-COFFEE-COCOA
POWDERED MILK
CUP A NOODLES
RAMEN NOODLES
CANNED CHICKEN FAJITAS
POTATOES -BOILED OR FRIED
DRIED OR CANNED BEANS
OATMEAL OR OTHER HOT CEAREAL



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