

Suggested Trail Foods & Snacks

Minimize packaging by loading your food into zipper-locked plastic bags and plastic containers.

Carbohydrates

- Granola or other cereals (can be mixed with trail mix/GORP)
- Dried fruit (apricots, apples, pineapple, banana chips, etc.)
- Bagels, bread, tortillas (as part of a sandwich)
- Crackers, pretzels
- Fig bars
- Chocolate bars
- Snack bars
- Energy bars
- Fresh vegetables (carrots, green peppers, etc.)
- Fresh fruit (apples, oranges, pears, grapes, plums, peaches, bananas, etc.)
- Pudding
- Honey

Slow burning fats

- Cheese
- Coconut
- Meat or fish
- Margarine or butter
- Nuts
- Nut products such as peanut butter
- Pepperoni
- Salami
- Sausage

Proteins

- Sandwich meats, canned fish
- Hardboiled eggs
- Cheese
- Beans (good with tortillas)
- Nuts and grains such as oatmeal, crackers, breads, and bagels.
- Basic trail mix/GORP: Raisins, mixed nuts, sunflower and pumpkin seeds, chocolate bits

Resources

American Hiking Society: www.AmericanHiking.org

REI: www.rei.com/expertadvice