

Backpacking Trip Acceptable Food List

If your desired food is not on this list, please contact the Scoutmaster and ask prior to purchase.

Nutri-grain bars / Cereal bars / Pop Tarts / Anything similar

Dehydrated fruit

Trail mix

Beef / Turkey jerky

Beef sticks

Bagels

Dehydrated meals (Mountain House or Backpacker's Pantry) (only for Dinner on Saturday evening)

Energy bars

Instant Oatmeal

Vacuum-sealed packages of tuna, etc.

Two trash bags (to double bag their trash)

The list above is not all-inclusive. It is primarily an example of the type of food you would want. You may bring any food you'd like as long as it meets the following requirements:

High energy content (particularly protein and carbohydrates)

Will keep without refrigeration

Is lightweight

Has a low mass and volume (doesn't take up too much space)

Does not require any cooking other than adding hot water

If you have any questions or concerns, please ask before you buy. We don't want to deal with cans of tuna or Chef Boyardee. Remember, whatever a Scout packs in, he must pack back out.