

- **Freeze-dried food**, such as the kind made by Mountain House. This the easiest option by far (even cleanup is a breeze) and you can eat relatively luxuriously, but it costs more.

**Dehydrated food** - grains, pastas, breads, dried potatoes, etc, are already dehydrated or naturally dehydrated. You can also buy dehydrated fruits and vegetables

### **Breakfast Backpacking Foods**

- MaltOMeal® (add raisins for more bulk)
- rice (add raisins and dried milk)
- granola (with dried milk)
- fruit cocktail (small cans)
- pancakes (need small pan, spatula, low-heat option on stove, lots of fuel, syrup in small container)
- oatmeal

**Lunch Backpacking Foods** (many of these items are great for quick no-cook breakfasts)

- bagels (cream cheese)
- Pita bread
- Logan Bread
- granola bars
- candy bars
- dried fruit
- GORP (nuts, M&M's raisins, yogurt peanuts, crackers, dried fruit, etc)
- Pringles
- crackers (the dense kinds at health food stores)
- Wheat Thins
- Cheeses (string cheese, blocks of mozzarella, etc)
- Tuna (sold in pouches now)
- lunch meat

### **Dinner Backpacking Foods**

- Cup O Soup
- Cup Noodles/Ramen
- Lipton Rice or Noodles
- vegetable soup
- potatoes and gravy (3-5 minute gravy mix)
- potatoes and peas
- couscous with dried veggies
- ramen with dried veggies
- spaghetti with dried veggies (use 6oz can of tomato paste to make sauce)
- burritos (tortillas, refried beans, cheese, peppers, salsa, onions)
- canned soups, etc (if you don't mind the weight)

### **Liquids**

- hot cocoa (add marshmallows)
- apple cider
- teas
- powdered lemonade or Crystal Lite (masks bad-tasting and/or iodine-treated water)