

# Food and Menu

## Homework

1. Read over the food list and add any that you can think of that is lightweight, low bulk and easy to prepare. Try to include only foods you can get from a grocery store.
2. Make up a menu for breakfast, lunch and dinner for \_\_\_\_ hikers on a week-long backpack. Include the proportions and amounts needed for your menu.
3. Make up a list of equipment / gear you need for the menu. Include estimates for fuel, type of stove, pots, etc.

I don't expect perfect lists. At the session we will discuss and analyze:

1. the menus and lists
  - 1a. simplifying menus
  - 1b. shopping lists
2. learn about types of stoves and fuels
3. learn re-packaging techniques
4. a bit about nutrition and fuel (food for body)
5. snacks and comfort foods (hot soups, drinks, etc.)

If desired, bring a sample food from a grocery store in its original package. We will re-package it in class.

I will bring plastic boxes, bags, small scale (weight)

See: [://stuckinthewoods.info/gear/trip-planning.html](http://stuckinthewoods.info/gear/trip-planning.html)

See also: <http://stuckinthewoods.info/gear/stove-transport.html>  
and read the bottom section on "How much fuel do I need?"

Jim