
Long Trip Food

Posted by weeds - 2008/02/23 15:11

I am interested in discussing food for a long (150+ mile, 12+ day) backpacking trip. Resupplies may not be possible, so I need to plan on carrying it all. Therefore, weight is an issue. Sufficient nutrition content is important. Minimum pack volume is critical.

What are some of the things that you have done on longer hike to keep the food interesting yet meet the weight and volume requirements. Short of prepacked freeze dried food, is there anything that you would use?

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Re:Long Trip Food

Posted by Rifleman - 2008/02/24 03:07

Weeds,

This is abbreviated 'cause the site has kicked me off twice in the last hour.

Suppers, Lunches, Breakfasts.

Rice, beans, potatoes, pasta. Many varieties of dishes that can be flavored with chicken, tuna, beef.

Think outside the box with lunches. re-hydrated hummus. re-hydrated fruit. Puddings. Or just a good hot soup.

Cereal--hot or cold. or just an energy bar w/ coffee or tea.

Snacks are limited as to your imagination.

Don't make the menu in stone. A lottery system gives chance (& variety) back to your taste buds.

Two good sites:

<http://www.freezerbagcooking.com/>

<http://www.verber.com/mark/outdoors/food.html>

R.

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Re:Long Trip Food

Posted by Jeepman72 - 2008/02/25 19:30

Weeds,

Glad you made it back to Foottrails

When weight is an issue on a long treks I use a combination of the following: Chicken/Deer Jerky,(Rehydrate & add rice or oatmeal for dinner). Ramon/Lipton noodles,instant mac & cheese, bouillon cubes,oatmeal,rice,raisins,G.O.R.P. (Good old Raisins & Peanuts).Sometimes I pull items from my gorp to spice up my dinner. Happy Trails.... Where are you hiking?

Charles

Jeepman72

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Re:Long Trip Food

Posted by weeds - 2008/02/26 05:10

Tahoe Rim Trail, June 2009

Family thing and gives a few overweight middle aged men time to prepare.

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Re:Long Trip Food

Posted by Rifleman - 2008/02/27 23:24

Another thing I thought of was how easy (& filling) one of the instant stuffings are. Re-package the stuffing in a freezer

bag(or stick it in a large enough pot),pour hot water in, let sit for a couple of minutes, stir, add some meat (foil pack chicken, tuna, etc.) & stuff yourself. A real good thickener for soups, chowders, etc. is instant mashed potatoes--just add until the dish is thick enough for you. The proper spices (your taste buds are in charge here) can help a lot. Why do you think soldiers (myself included, once long ago) love hot sauce in their chow?
R.

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Re:Long Trip Food

Posted by Rifleman - 2008/03/04 20:31

Addenda to last post:

Colin Fletcher's, "Complete Walker IV" is an excellent source for food/meal ideas.

R.

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