

Food Safety and Meal Planning Ideas for Hiking

Planning meals for a hike requires some thought. You have to choose foods that are light enough to carry and that can be transported safely. The first principle is to **keep hot foods hot and cold foods**



cold. A thermos can help you transport hot foods and refrigerating or freezing foods overnight can help you transport cold foods. Avoid highly perishable foods. The second principle is to **keep everything clean.** Remember to bring disposable wipes with you since carrying more than your drinking water could be cumbersome.

Foods that are easy to carry in your backpack:

- Fruit Leather
- Trail Mix
- Peanut Butter
- Juice Boxes
- Dried Meats
- Dried Fruits
- Canned Meats (don't forget a can opener)
- Dried Fruits and Nuts (GORP)
- Packaged Peanut Butter or Cheese and Crackers
- Sandwiches
- Fresh Fruit
- Granola or Cereal Bars
- Baby Carrots or other veggies
- Soup in a thermos
- WATER!!!! (3-4 Quarts/Person/Day)