



Troop 39 Sample Backpacker Menus

1. Backpacker meals take some extra planning—but are an easy way to serve your patrol healthy, delicious foods that don't require refrigeration.
2. Keep cans to a bare minimum.
3. No messy menu items such as eggs, fried meats, melted cheeses. Everything that's cooked has to be eaten or packed out—because of bears. You're not allowed to dump grease, burnt cheese, etc. on the ground or even in sump holes.
4. Remember space considerations and avoid bulky items.
5. All foods must be removed from their packaging and re-packed into 2-gallon meal bags, which are labeled "Saturday Breakfast," "Thursday Lunch" etc.
6. On longer trips, perishables or easily-damaged foods should be planned for first. During cool-season camping, fresh ingredients—if you're sure they won't spoil—are welcomed.
7. Use the following as an idea generator for your own menus. All items listed below are available at the bigger supermarket chains. Have fun, and good eating!

	Breakfast	Lunch	One-Pot Supper
Day 1	Pan-toasted English Muffins Hot cocoa w/marshmallows Orange-Pineapple Tang	Bagel sandwiches w/ cheese Trail mix variety #1* Bug juice (pick a flavor)	Red beans & rice w/ summer sausage Chocolate pudding el ziplock Bug juice (pick a flavor) Hot chocolate
Day 2	Flavored Cream of Wheat Dried Apples Strawberry Tang Hot cocoa w/marshmallows	Peanut butter crackers Ramen noodle soup Trail mix variety #2* Bug juice (pick a flavor)	Jambalaya (dried mix, add chicken and/or sausage) Dried fruit & nuts Bug juice (pick a flavor)
Day 3	Flavored assorted grits w/butter buds, bacon bits Granola bars Lemonade drink Hot cocoa w/marshmallows	Beef jerky & string cheese Dried mixed fruit Beef vegetable soup Bug juice (pick a flavor)	Spam & chili surprise Melba toast Baby carrots Berry cobbler (berries, sugar, biscuit mix) Bug juice (pick a flavor)
Day 4	Oatmeal w/brown sugar, nuts and raisins Orange tang Hot cocoa w/marshmallows	Deviled ham pita sandwich Dried apricots Granola bars Bug juice (pick a flavor)	Wild rice dinner w/onion soup mix and chicken Freeze dried peas & carrots Vanilla pudding a la ziplock Bug juice (pick a flavor)
Day 5	Hot or cold granola cereal Lemon-lime Gatorade Hot cocoa w/marshmallows	Flour tortilla chicken Condiments a la' freebies Fruit leather Trail mix variety #3*	Beef vegetable soup with instant potatoes and summer sausage Applesauce Bug juice (pick a flavor)

* Trail mix varieties are a good way to give quick energy and nutrition. Use your imagination for different combinations. Ingredients could include raisins, peanuts, M&M's, granola, chocolate chips, butterscotch chips, sunflower seeds, dried apricots, dried bananas, dry sweet cereals (such as fruit loops) and/or un-sweetened cereals such as Chex or granola. Experiment!

Final words: Trail-side cooking isn't the place to mess with eggs, bacon, sausage, or messy cheese dishes. "What hath been cooked must be cleaned up" is the rule, and what ever you don't eat has to be packed out. Including bacon grease.

Keep it light. Minimal (if any at all!) canned foods. Exceptions to this rule may be a small can of cooked chicken chunks or aluminum tins of deviled ham, tuna or salmon.