

Backpacking Food Planning Assignment:

Scout Name: _____

Create One (1) Days worth of meals and trail snacks - pretend it is for day 6 of a 7 day backpacking trip

Pick things you would really like to eat

Your items should provide 2500 to 3500 calories per day

Keep the weight of the food to 1 to 2 pounds (use a kitchen scale to weigh each item if needed)

Meal	Food (how much)	Calories/serving	Weight/serving
Breakfast			
What Equipment do you need to prepare?			
Total for meal			

Meal	Food (how much)	Calories/serving	Weight/serving
Lunch			
What Equipment do you need to prepare?			
Total for meal			

Meal	Food (how much)	Calories/serving	Weight/serving
Snack			
Total for meal			

Meal	Food (how much)	Calories/serving	Weight/serving
Dinner			
What Equipment do you need to prepare?			
Total for meal			

	Total for the Day		
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