

Minimize weight, trash, utensils & prep time

Avoid things that easily crush or spoil

Team Up to Minimize & Avoid as above

Example: Tuna Fish Sandwich (can also get spiced tuna, chicken, salmon, ham ... in foil packs)

Dumb Way

Tuna in Can ~ weight, trash, need something to mix in & need can opener

Bread or Crackers ~ will crush in pack or require bulky & hard container to keep from crushing

Mayo in Jar ~ weight, glass to break in pack, and spoil once opened

Lettuce - OK, now you're just really being dumb

Lunching Alone ~ likely that a little larger amount of tuna will feed two w/o significantly more prep, weight, volume & trash

Smart Way

Tuna Foil Pack (w/o water!) ~ just rip top off, mix in/serve out of pouch, put top in pouch when done and fold/roll up

Bagel or Pita ~ compact and will not crush or spoil as easily (English Muffin can work too)

Mayo & Relish Packets ~ no weight, breakage, or spoil - Mix right in pouch & when done, used packets put in tuna foil pack to minimize trash

Lunch Buddy ~ larger foil pack adds almost no weight or volume and feeds two w/ same prep ... one contributes tuna mix / the other bagels

Breakfast Ideas (works well alone or with one buddy)

- oatmeal, hot chocolate, spiced cider ... etc., packets
- cereal, granola, fruit bars & pop tarts
- gorp or trail mixes (make your own: raisins, unsalted/roasted almonds & sunflower seeds)
- Egg McMuffins - more elaborate but workable: plastic camp egg container, single egg poacher, back packing stove, oil in small nalgene container, tobasco/Taco Bell packets

Lunch Ideas (works well with one buddy ~ one contributes filling & the other the shell)

- tuna, spiced tuna, chicken, salmon, ham ... foil pack sandwich on bagel or pita ... mix in pouch with mayo, relish, lemon, tobasco ... etc. packets
- trail salami & hard cheese - on crackers put in Pringles or Crystal Light tubes
- PB&J - peanut butter now in squeeze sleeves & get jelly packets at Bob Evans, etc. on bagel pita or crackers

Dinner Ideas (works well in groups of 2 ~ 8, the more elaborate or complex, the more people)

- ramen noodle soup with chicken packet ~ easy chicken stew (cup-a-soup too much trash!)
- instant rice or bean dishes from foil packs ~ look for ideas in bean/rice/sauce packet aisle!
- pasta w/ McCormack spaghetti sauce (Alfredo - or - with tomato paste) & small Kraft Cheese
- dehydrated recipes ~ team up with anybody that has been on the AT for more ideas!

Other Important Stuff

- we will have back packing stoves, fuel, pot & cooking utensil sets ~ *a rank requirement!*
- we have loaner back packs - and - consider tarping w/ Troop Tarps to save weight
- pack in enough water (to drink, cook and clean!)
- bring KP gear (sponge with brite pad on one side & camp suds) share in your buddy group
- have a walking stick, stave or pole and an accessible light (head lamp works best)
- TP & plastic shovel (depleted roll of TP in zip lock bag ~ AT hikers will have shovel)
- **PACK LIGHT** ~ only what you need and packed in freezer zip lock bags to keep dry!!!