

# Alexander Springs Hike Food Information

January 29<sup>th</sup> – 30<sup>th</sup>, 2022

For our 2022 Alexander Springs Hike, the **Scout meal responsibilities** will be as follows:

- Saturday Breakfast - Eat before leaving or bring bagged breakfast
- **Saturday Lunch** – Individual on Trail
- **Saturday Dinner** – Individual on Trail – Must be cooked – We’re asking that scouts NOT simply buy the (very expensive) pre-made all-in-one freeze-dried meals, but rather put something together (ideas below) for the learning experience.
- **Sunday Breakfast** – Individual Trail
- **Trail Snacks** – Healthy & light. Consider fresh fruit for 1<sup>st</sup> day.
- Sunday Lunch - Troop

The idea on this hike is to keep the backpack as light as possible. Keep food light by:

- Bring only the amount of food you need.
- Avoid heavy containers & larger cans. Change containers if needed. Remove excess packing.
- Keep the total weight for the three meals to 1.5 – 2.5 pounds (not including water).
- No frozen/refrigerated items please.

## **Lunch** (no cooking during hike)

- PB&J on crackers, wraps or bread
- Pepperoni / Summer Sausage
- Cheese (*hard or baby belle okay*)
- Pickles (*in baggie*)
- Energy Bars
- Dried Fruit / Nuts / Trail Mix / Jerky
- Fresh Fruit (*limit weight*)

## **Dinner** (cooking required)

- In a Bowl (*just add water*) - Mac-n-Cheese, Soups, Potatoes, Pasta, Noodles
- Rice (*boil bag pouches*) – Add chicken, beef, Tuna in foil pouch
- Soup/Chili Mixes in a pouch
- Pizza – Cheese (*hard or baby belle, sauce, pepperoni*) – bring foil oven or just foil
- Veggies – Fresh zucchini, green pepper, onion with butter (*in sealed container*) to saute’.
- Baked Potato – Hard cheese, pre-cooked bacon, butter, S&P
- Cheese Quesadillas – with salsa
- Loaf Bread or Wraps (*for above*)
- Drink Mix (*no artificial sweeteners*)

## **Cooking:**

- Bring cook-ware, but only what you need. Don’t bring whole mess kit unless needed.
- Use ground fire when possible, instead of stove. Use bottom of mess kit for cooking.
- Lightweight gas (non-liquid) stoves only – Cheap one [here](#). Need gas [here](#).
- Consider sharing with a friend and split up to save weight.
- Use foil when possible, for cooking. - don’t forget oil & spices.

## **Breakfast** (try cooking if possible)

- Oat Meal (*w/ butter, half&half, raisins, apple*)
- Dry Pancake Mix (*in light container*)
- Pre-Cooked Bacon
- Cereal (*powdered or non-refrigerated boxed milk*)
- Energy Bars
- Fresh Fruit (*limit weight*)
- Bagels & Non-Refrigerated Spreadable Cheese (*The Laughing Cow*)
- Bacon & Cheese Wraps – Pre-cooked bacon & baby belle or hard cheese
- Hot Cocoa

## **Snacks / Other**

- Spices – (*S&P, Onion & Garlic Powder, Oregano*)
- Small Seafood in a can
- Dried Fruit
- Nuts, Jerky
- Freeze-Dried Fruit (*expensive but nice for desert*)
- Crackers Packs w/ Peanut Butter, Cheese, etc.
- Drink Mix (*no artificial sweeteners*)