

Meal Plan Suggestions:

Trips covered by this list:

- **Ski/splitboard Mountaineering Camp**
- **Wallowas Ski Traverse**

Note on meal planning: Nutrition in the backcountry is paramount to staying nourished, healthy and stoked. For multi-day outings, it's important to carry enough of the right foods.

Breakfast x 3 (300- 600 calories each)

Starting your day with a hot breakfast is key. Blend a combination of carbohydrates, fats, and proteins such as:

- 2 packets of instant oatmeal + 1 packet Justin's almond butter
- Granola and powder milk + 1 packet Justin's almond butter
- Bagel with cream cheese or almond butter
- Hot drink: tea, instant coffee, cider, or hot chocolate

Lunch x 4 (800-1600 calories each)

Lunch starts after breakfast and lasts until dinner. Lunches should be on-the-go items, not requiring cooking. Bringing "real food" and not just bars is key! Bring what you like and you will be excited to eat.

- Bagels, salame, cheese
- Nuts and jerky
- Combination of energy bars, gels and gu's
- Fruit snacks, candy bars, candy

Dinners x 3 (800-1000 calories each)

Dinner can be straightforward and easy like a dehydrated Mountain House meal, or more elaborate. If you are using a "canister stove" like the MSR Reactor, it's difficult to control the heat and really cook.

- Ramen soup or other instant soup is a great starter
- Mountain House or other dehydrated meal
- Couscous with protein of choice
- Instant potatoes with cheese and salami
- Mac n Cheese with protein of choice
- Dessert
- Hot drink