



## Meal Planning for Backpacking

During your trip with Yosemite Mountaineering School and Guide Service it will be the participants' responsibility to provide the food and proper nourishment they need for overnight trips. Whether you'll be out for a single night or backpacking for multiple days, having the proper nutrition is important for a successful and enjoyable trip. Below are some tips for proper meal planning for your upcoming trip:

### **How Much Food Should I Bring:**

The amount of calories burned during the average backpacking trip is going to be significantly more than what is needed during your typical week at home. The exact amount of food needed is different for every individual person depending on your physical shape and the trip intensity. On average, you should aim to eat from 2,500 to 4,500 calories per day,

Per day, remember to plan for one breakfast that can be prepared in camp, a lunch that doesn't require much prep while on the trail, and a dinner that can be cooked at camp. Quick snacks are an important component to maintain energy while on the trail. It's a good idea to bring a couple trail bars, snacks, or candies that can be enjoyed at anytime during your hike.

### **What Type of Food to Bring:**

It's important to remember that all the food you bring will be carried while on the trail. Most foods you eat at home can be taken backpacking, but your selection process should favor items that are not very heavy or bulky. Choose meals and snacks that provide a good balance of carbohydrates, proteins, and fats. Light weight varieties of the foods you normally eat at home can be found often in the form of ready to eat, dehydrated, or freeze dried meals. These prepackaged meals are easy to prepare in camp (just boil water) and require little cleanup after a day on the trail. Local outdoor gear shops often have a variety of prepackaged meals designed for backpacking that can also meet most dietary restrictions for vegetarians/vegans or gluten intolerance. It is best to have your meal selection purchased before you arrive in Yosemite Valley, however, the Village Store and Mountain Shop in Curry Village may have backpacking meal options available. Here is a list of companies that offer a good selection of backpacking meals;

- Backpackers Pantry
- Mountain House Adventure Meals
- Peak Refuel
- AlpineAire Foods

### **Water filtration and camp beverages:**

During your backpacking trip, staying hydrating is extremely important. The water flowing within Yosemite is extremely clean, but filtration and sterilization is always needed before refilling your water bottle while on trail and in camp. We recommend pre purchasing a gravity fed filter, as they are typically the lightest weight option. We also recommend purchasing iodine tablets and using both.

Remember to bring your preferred morning beverage (instant coffee or tea). Feel free to bring some powder drink flavors to add to your water during the day, and it's always nice to have a hot chocolate or tea during the evening.

**How do I Cook My Meals:**

Yosemite Mountaineering School and Guide Service will supply available camp stoves and cookware if needed. Most backpacking trips guided by YMS will have available water source which can be filtered for meal prep and camp drinks. Our guides will be available to help you with your stove setup and any additional help you may need to prepare your meal.

Meal prep for your backpacking trip can seem complicated at times, but just remember to keep it simple and choose foods that you know you already enjoy. If you have any further questions don't hesitate to reach out to the YMS office staff or your guide prior to your trip. Please do keep in mind that your trip guide will be contacting you two weeks prior to your scheduled trip.