

BACKPACKING FOOD STAPLES

Spices: Salt, pepper, onion salt, celery salt, garlic powder, oregano, chili powder

Whole + Skim Milk Powder

Whole Egg Powder (some available with dried ham or bacon)

Tortillas wraps (a good form of bread for backpacking)

Peanut Butter in a squeeze tube

Margarine in a squeeze tube

Honey, Olive oil, Hot sauce, Soya sauce (in small well sealed bottles)

Powdered soup bases: Vegetable, Onion, Chicken, Beef

Powdered sauce bases: Gravies, Spaghetti sauce, Mac + Cheese powder, Alfredo powder

Pre-packaged sides: Knorr Sidekicks, Uncle Ben's flavored precooked rice, etc.

Toppings: Shelf stable Parmesan, Croutons, Crispy fried onions, Tortilla Strips.

Carbohydrates: Instant Potato Flakes, Scalloped Potatoes, Pre-cooked dried pastas, Angel Hair Pasta, Ramen Noodles, Egg Noodles, Instant Rice, Instant Oatmeal, Couscous, Poultry Stuffing.

Stable Proteins: TVP, Shelf stable Sausage, Shelf stable Bacon, Jerky, FD Chicken, FD Tuna

Canned Proteins: Chicken, Beef, Ham, Tuna, Baked Beans (relatively heavy)

Dehydrated Vegetables: mixed veg, Onion slices, minced Garlic, Tomatoes, Mushrooms, Tomato Paste Powder, pre-cooked Kidney + Black beans

Freeze Dried Vegetables: Peas, Broccoli, various Beans, Corn

Dried Fruits: Raisins, Blueberries, Cranberries, Mango, Apricots, Bananas, Apples

Drinks: Coffee, Tea, Hot Chocolate, Nestle Quick, Flavor Squirts for your water

BACKPACKING FOOD SOURCES:

If you have a dehydrator, you can easily dry fruit, canned vegetables, pre-cooked pastas and various sauces.

Your local supermarket and bulk stores will have many of the items listed here.

Online sources are available for things like Whole Milk Powder, Whole Egg Powder, etc.