

Troop 82 Patrol Meal Planning

In Troop 82, we do a mix of car camping and backpacking. Sometimes we pull right up to the campsite and set up camp, and sometimes we hike 2 miles or more into the woods to set up. Each activity has different factors to consider when planning meals. Below are our expectations for each situation.

Car camping:

- Each patrol should plan to eat together and cook a full, nutritious meal. They will plan their meals during the meetings leading up to each outing.
- Each patrol should make an effort to have something healthy in their meal plans. Protein, carbs, and sugar are great. But vitamins from fruit and vegetables are also important.
- Each patrol will have a cooler provided by the Troop to make use of for perishable items.
- The Troop will always bring water coolers to make sure we have plenty of clean water readily available.

Backpacking:

- We will be constantly on the move on any backpacking trip we have, so calorie dense snacks and meals are super important to keep your energy up.
- Individual Scouts should plan to bring their own food. Patrol members should still work together to make sure everyone has the gear they need.
- Invest in a pocket rocket to give the Scout a way to have a warm meal.
- Clean water may not always be readily available. In those cases, we will always camp near or hike across a stream where we can replenish our water supply with water filters. Be sure that each Scout has enough water on hand to last one full day without refilling to be on the safe side.
 - We recommend having a water bladder (2 liters) to drink from while hiking, and a separate water bottle to use for cooking.
 - Rule of thumb for water requirements while backpacking: 1 liter of water for every 2 hours of hiking
- Scouts should keep weight in mind when packing food and cooking gear. They can plan to spread the load of cooking gear with other patrol members to help lighten their load.
 - Limit canned food. They're heavy and create a lot of trash you then must hike out. That weight can add up quickly and slow you down while hiking.
- Scouts should come prepared to hike out any trash they create. Packing an extra Ziploc bag (large) would serve this purpose very well.
- Refrigeration will not be possible on trips like these. See the back of this page for recommendations on food items to bring.

Because we are often on a schedule starting relatively early in the morning, it is best to bring something quick and easy for breakfast and lunch, and have a bigger meal for dinner.

Be aware of the weather. Any of these foods will be fine for a weekend in temperatures of 75 degrees F or below. If it gets much hotter than that, things can get a little iffier.

Scouts may want to bring other items to spice up their backpacking meals. They are welcome to do this, but make sure they check the shelf life of whatever they want to bring. Creativity is good, getting sick is not.

Backpacking Food Recommendations	
Meals	Snack
Breakfast: Oatmeal Grits Protein Cookies Granola/cereal bars Mountain House Lunch: Ramen noodles Tuna packets + tortillas Peanut butter + tortillas Dinner: Mashed potatoes packet + bacon bits + cheese Beef Jerky Stew (Chef Corso recipe) Chicken Quesadillas (tortilla, frozen chicken, cheese) Baked potato Instant pasta packet + canned chicken Mountain House Look up Chef Corso on YouTube for all kinds of backpacking meal ideas and recipes.	Trail Mix Oranges/Apples/Banans/Pears* Peanut Butter packets/ jelly packets Apricots Cheese** + summer sausage/ pepperoni Crackers Granola bars Raisins Beef Jerky/Slim Jim Chocolate (some is okay in colder weather) Please limit junk food (chips, Cheetos, Cheez Its, etc) to 1 snack-sized bag per day. Too much junk food tends to weigh you down, create a lot of unnecessary trash, and reduce your energy levels. There's nothing wrong with using it as a treat at the end of a hard day, but this should not make up the bulk of your meal plan.

* If a Scout brings fresh fruit, they need to make sure it is a fruit with thick skin and it is wrapped in something to put a barrier between it and any other items in their pack. Keep in mind that once the skin is punctured or broken, it will go bad very quickly.

**Use dry cheeses such as cheddar, gruyere, or parmesan. String cheese would be acceptable if it's vacuum sealed and the temperature is cool.