

Menu for Trip (Detailed List): Backpacking- Revisit of First Trip

Wednesday, September 05, 2012

Lunch

<input type="checkbox"/> Sandwich, store bought	Sandwich, store bought	
1/1 Servings/People 7.9 oz (224 gm), 800 Kcal	Serving Size: 7.9 oz (224 gm), 1 sandwich, 800 Kcal	Note:

Total for Meal: 7.9 oz, 800 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Bar, Cliff, any flavor	Bar, Cliff, any flavor	
1/1 Servings/People 2.5 oz (71 gm), 240 Kcal	Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Gel, Gu Energy Gel	Gel, Gu Energy Gel	
4/1 Servings/People 4.7 oz (132 gm), 400 Kcal	Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings	
1/1 Servings/People 2.5 oz (70 gm), 400 Kcal	Serving Size: 2.5 oz (70 gm), 2.5 oz., 400 Kcal	Note:

Total for Meal: 9.6 oz, 1040 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stew	Mountain House Pro-Pak, freeze dried Beef Stew	
1/1 Servings/People 4.6 oz (131 gm), 480 Kcal	Serving Size: 4.1 oz (115 gm), 1 pkg, 480 Kcal	Note:

Total for Meal: 4.6 oz, 480 Kcal/Person, Water to Boil: 414 ml

Extra Food

<input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow	Cocoa Mix, Swiss Miss Marshmallow	
1/1 Servings/People 1.1 oz (30 gm), 120 Kcal	Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:

Total for Meal: 1.1 oz, 120 Kcal/Person, Water to Boil: 178 ml

Total for Day: 23.2 oz, 2440 Kcal/Person, Water to Boil: 592 ml

Menu for Trip (Detailed List): Backpacking- Revisit of First Trip

Thursday, September 06, 2012

Breakfast

<input type="checkbox"/> Cereal, Mountain House granola with blueberries 1/1 Servings/People 4.8 oz (137 gm), 500 Kcal	Cereal, Mountain House granola with blueberries Serving Size: 4.0 oz (113 gm), 1 pkg, 500 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press 2/1 Servings/People 0.5 oz (13 gm), 0 Kcal	Coffee, coarsely ground for French press Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:

Total for Meal: 5.3 oz, 500 Kcal/Person, Water to Boil: 472 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain 1/1 Servings/People 5.0 oz (142 gm), 340 Kcal	Bread, bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss 1/1 Servings/People 1.0 oz (28 gm), 106 Kcal	Emmenthaler Swiss Cheese Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer 1/1 Servings/People 2.0 oz (58 gm), 160 Kcal	Summer sausage Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oz, 160 Kcal	Note:

Total for Meal: 8.0 oz, 606 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Bar, Cliff, any flavor 1/1 Servings/People 2.5 oz (71 gm), 240 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Dessert, Mountain House Neopolitan Ice Cream Bar 1/1 Servings/People 1.1 oz (32 gm), 110 Kcal	Dessert, Mountain House Neopolitan Ice Cream Bar Serving Size: 0.7 oz (21 gm), 1 pkg, 110 Kcal	Note:
<input type="checkbox"/> Gel, Gu Energy Gel 4/1 Servings/People 4.7 oz (132 gm), 400 Kcal	Gel, Gu Energy Gel Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal	Note:

Total for Meal: 8.3 oz, 750 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Spaghetti 1/1 Servings/People 4.8 oz (137 gm), 490 Kcal	Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce Serving Size: 4.1 oz (115 gm), 1 pkg, 490 Kcal	Note:
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Total for Meal: 4.8 oz, 490 Kcal/Person, Water to Boil: 355 ml

Total for Day: 26.5 oz, 2346 Kcal/Person, Water to Boil: 827 ml

Menu for Trip (Detailed List): Backpacking- Revisit of First Trip

Friday, September 07, 2012

Breakfast

<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker Low Sugar, Apples & Cinnamon	Cereal, Instant Oatmeal, Quaker Low Sugar, Apples & Cinnamon
2/1 Servings/People 2.3 oz (64 gm), 220 Kcal	Serving Size: 1.1 oz (31 gm), 1 packet, 110 Kcal Note:
<input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow	Cocoa Mix, Swiss Miss Marshmallow
1/1 Servings/People 1.1 oz (30 gm), 120 Kcal	Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal Note:
<input type="checkbox"/> Coffee, coarsely ground for French press	Coffee, coarsely ground for French press
2/1 Servings/People 0.5 oz (13 gm), 0 Kcal	Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal Note:

Total for Meal: 3.8 oz, 340 Kcal/Person, Water to Boil: 886 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain	Bread, bagel, plain
1/1 Servings/People 5.0 oz (142 gm), 340 Kcal	Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal Note:
<input type="checkbox"/> Jelly, grape, Smuckers	Jelly, grape, Smuckers
1/1 Servings/People 0.5 oz (15 gm), 35 Kcal	Serving Size: 0.5 oz (14 gm), single serving pkg, 35 Kcal Note:
<input type="checkbox"/> Peanut butter, Jif to Go Natural Creamy	Peanut butter, Jif to Go Natural Creamy
1/1 Servings/People 1.8 oz (50 gm), 250 Kcal	Serving Size: 1.5 oz (43 gm), 1 pkg, 250 Kcal Note:

Total for Meal: 7.3 oz, 625 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Candy, Snickers fun size	Snickers candy, fun size
2/1 Servings/People 1.3 oz (36 gm), 160 Kcal	Serving Size: 0.6 oz (17 gm), 1 piece (packages say 2 piece Note:
<input type="checkbox"/> Gel, Gu Energy Gel	Gel, Gu Energy Gel
2/1 Servings/People 2.3 oz (66 gm), 200 Kcal	Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal Note:

Total for Meal: 3.6 oz, 360 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Rice & Chicken	Mountain House Pro-Pak freeze dried Rice & Chicken
1/1 Servings/People 5.2 oz (148 gm), 560 Kcal	Serving Size: 4.5 oz (128 gm), 1 pkg, 560 Kcal Note:

Total for Meal: 5.2 oz, 560 Kcal/Person, Water to Boil: 414 ml

Total for Day: 19.9 oz, 1885 Kcal/Person, Water to Boil: 1300 ml

Menu for Trip (Detailed List): Backpacking- Revisit of First Trip

Saturday, September 08, 2012

Breakfast

<input type="checkbox"/> Cereal, Mountain House granola with blueberries 1/1 Servings/People 4.8 oz (137 gm), 500 Kcal	Cereal, Mountain House granola with blueberries Serving Size: 4.0 oz (113 gm), 1 pkg, 500 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press 2/1 Servings/People 0.5 oz (13 gm), 0 Kcal	Coffee, coarsely ground for French press Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:

Total for Meal: 5.3 oz, 500 Kcal/Person, Water to Boil: 472 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain 1/1 Servings/People 5.0 oz (142 gm), 340 Kcal	Bread, bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Cheese, Emmenthaler Swiss 1/1 Servings/People 1.0 oz (28 gm), 106 Kcal	Emmenthaler Swiss Cheese Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer 1/1 Servings/People 2.0 oz (58 gm), 160 Kcal	Summer sausage Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 oz, 160 Kcal	Note:

Total for Meal: 8.0 oz, 606 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Dessert, Mountain House Neopolitan Ice Cream Bar 1/1 Servings/People 1.1 oz (32 gm), 110 Kcal	Dessert, Mountain House Neopolitan Ice Cream Bar Serving Size: 0.7 oz (21 gm), 1 pkg, 110 Kcal	Note:
<input type="checkbox"/> Gel, Gu Energy Gel 2/1 Servings/People 2.3 oz (66 gm), 200 Kcal	Gel, Gu Energy Gel Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 1/1 Servings/People 2.5 oz (70 gm), 400 Kcal	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings Serving Size: 2.5 oz (70 gm), 2.5 oz., 400 Kcal	Note:

Total for Meal: 5.9 oz, 710 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak ChiliMac w Beef 1/1 Servings/People 4.7 oz (134 gm), 500 Kcal	Mountain House Pro-Pak, freeze dried Chili Mac with Beef Serving Size: 4.1 oz (115 gm), 1 pkg, 500 Kcal	Note:
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Total for Meal: 4.7 oz, 500 Kcal/Person, Water to Boil: 414 ml

Total for Day: 24.0 oz, 2316 Kcal/Person, Water to Boil: 886 ml

Menu for Trip (Detailed List): Backpacking- Revisit of First Trip

Sunday, September 09, 2012

Breakfast

<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker Low Sugar, Cinnamon & Spice	Cereal, Instant Oatmeal, Quaker Low Sugar, Cinnamon & Spice	
2/1 Servings/People 3.2 oz (90 gm), 240 Kcal	Serving Size: 1.2 oz (34 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow	Cocoa Mix, Swiss Miss Marshmallow	
1/1 Servings/People 1.1 oz (30 gm), 120 Kcal	Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press	Coffee, coarsely ground for French press	
2/1 Servings/People 0.5 oz (13 gm), 0 Kcal	Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:

Total for Meal: 4.7 oz, 360 Kcal/Person, Water to Boil: 886 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain	Bread, bagel, plain	
1/1 Servings/People 5.0 oz (142 gm), 340 Kcal	Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Jelly, grape, Smuckers	Jelly, grape, Smuckers	
1/1 Servings/People 0.5 oz (15 gm), 35 Kcal	Serving Size: 0.5 oz (14 gm), single serving pkg, 35 Kcal	Note:
<input type="checkbox"/> Peanut butter, Jif to Go Natural Creamy	Peanut butter, Jif to Go Natural Creamy	
1/1 Servings/People 1.8 oz (50 gm), 250 Kcal	Serving Size: 1.5 oz (43 gm), 1 pkg, 250 Kcal	Note:

Total for Meal: 7.3 oz, 625 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Gel, Gu Energy Gel	Gel, Gu Energy Gel	
4/1 Servings/People 4.7 oz (132 gm), 400 Kcal	Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal	Note:
<input type="checkbox"/> Nuts, pecan halves	Ellis pecan halves	
1/1 Servings/People 1.1 oz (30 gm), 213 Kcal	Serving Size: 1.1 oz (30 gm), 1/4 cup, 213 Kcal	Note:

Total for Meal: 5.7 oz, 613 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stew	Mountain House Pro-Pak, freeze dried Beef Stew	
1/1 Servings/People 4.6 oz (131 gm), 480 Kcal	Serving Size: 4.1 oz (115 gm), 1 pkg, 480 Kcal	Note:

Total for Meal: 4.6 oz, 480 Kcal/Person, Water to Boil: 414 ml

Total for Day: 22.3 oz, 2078 Kcal/Person, Water to Boil: 1300 ml

Menu for Trip (Detailed List): Backpacking- Revisit of First Trip

Monday, September 10, 2012

Breakfast

<input type="checkbox"/> Coffee, coarsely ground for French press 2/1 Servings/People 0.5 oz (13 gm), 0 Kcal	Coffee, coarsely ground for French press Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:
<input type="checkbox"/> Soup, ramen noodle, Maruchan, chicken flavor 2/1 Servings/People 3.1 oz (87 gm), 380 Kcal	Soup, ramen noodle, Maruchan, chicken flavor Serving Size: 1.5 oz (43 gm), 1/2 package, 190 Kcal	Note:

Total for Meal: 3.5 oz, 380 Kcal/Person, Water to Boil: 946 ml

Lunch

<input type="checkbox"/> Bread, bagel, plain 1/1 Servings/People 5.0 oz (142 gm), 340 Kcal	Bread, bagel, plain Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal	Note:
<input type="checkbox"/> Jelly, grape, Smuckers 1/1 Servings/People 0.5 oz (15 gm), 35 Kcal	Jelly, grape, Smuckers Serving Size: 0.5 oz (14 gm), single serving pkg, 35 Kcal	Note:
<input type="checkbox"/> Peanut butter, Jif to Go Natural Creamy 1/1 Servings/People 1.8 oz (50 gm), 250 Kcal	Peanut butter, Jif to Go Natural Creamy Serving Size: 1.5 oz (43 gm), 1 pkg, 250 Kcal	Note:

Total for Meal: 7.3 oz, 625 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Dessert, Mountain House Neopolitan Ice Cream Bar 1/1 Servings/People 1.1 oz (32 gm), 110 Kcal	Dessert, Mountain House Neopolitan Ice Cream Bar Serving Size: 0.7 oz (21 gm), 1 pkg, 110 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 1/1 Servings/People 2.5 oz (70 gm), 400 Kcal	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings Serving Size: 2.5 oz (70 gm), 2.5 oz., 400 Kcal	Note:

Total for Meal: 3.6 oz, 510 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Spaghetti 1/1 Servings/People 4.8 oz (137 gm), 490 Kcal	Mountain House Pro-Pak, freeze dried Spaghetti with Meat Sauce Serving Size: 4.1 oz (115 gm), 1 pkg, 490 Kcal	Note:
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Total for Meal: 4.8 oz, 490 Kcal/Person, Water to Boil: 355 ml

Total for Day: 19.3 oz, 2005 Kcal/Person, Water to Boil: 1301 ml

Menu for Trip (Detailed List): Backpacking- Revisit of First Trip

Tuesday, September 11, 2012

Breakfast

<input type="checkbox"/> Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar	Cereal, Instant Oatmeal, Quaker Low Sugar, Maple & Brown Sugar	
2/1 Servings/People 2.6 oz (74 gm), 240 Kcal	Serving Size: 1.2 oz (34 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> Coffee, coarsely ground for French press	Coffee, coarsely ground for French press	
2/1 Servings/People 0.5 oz (13 gm), 0 Kcal	Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:

Total for Meal: 3.1 oz, 240 Kcal/Person, Water to Boil: 708 ml

Lunch

<input type="checkbox"/> Bar, Cliff, any flavor	Bar, Cliff, any flavor	
1/1 Servings/People 2.5 oz (71 gm), 240 Kcal	Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Candy, M&M's, plain	Candy, M&M's, plain	
1/1 Servings/People 1.7 oz (48 gm), 240 Kcal	Serving Size: 1.7 oz (48 gm), 1 pack, 240 Kcal	Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins	Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 4 servings	
1/1 Servings/People 2.5 oz (70 gm), 400 Kcal	Serving Size: 2.5 oz (70 gm), 2.5 oz., 400 Kcal	Note:

Total for Meal: 6.7 oz, 880 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Gel, Gu Energy Gel	Gel, Gu Energy Gel	
6/1 Servings/People 7.0 oz (198 gm), 600 Kcal	Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal	Note:

Total for Meal: 7.0 oz, 600 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> Cocoa Mix, Swiss Miss Marshmallow	Cocoa Mix, Swiss Miss Marshmallow	
0/1 Servings/People 0.0 oz (0 gm), 0 Kcal	Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal	Note:
<input type="checkbox"/> FD Dinner, Mountain House New Pro-Pak Beef Strogan	Mountain House New Pro-Pak, freeze dried Beef Stroganoff with noodles	
1/1 Servings/People 4.8 oz (136 gm), 500 Kcal	Serving Size: 3.8 oz (108 gm), 1 pkg (package labeled as on	Note:

Total for Meal: 4.8 oz, 500 Kcal/Person, Water to Boil: 414 ml

Total for Day: 21.5 oz, 2220 Kcal/Person, Water to Boil: 1122 ml

Menu for Trip (Detailed List): Backpacking- Revisit of First Trip

Wednesday, September 12, 2012

Breakfast

<input type="checkbox"/> Coffee, coarsely ground for French press 2/1 Servings/People 0.5 oz (13 gm), 0 Kcal	Coffee, coarsely ground for French press Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal	Note:
<input type="checkbox"/> Soup, ramen noodle, Maruchan, chicken flavor 2/1 Servings/People 3.1 oz (87 gm), 380 Kcal	Soup, ramen noodle, Maruchan, chicken flavor Serving Size: 1.5 oz (43 gm), 1/2 package, 190 Kcal	Note:

Total for Meal: 3.5 oz, 380 Kcal/Person, Water to Boil: 946 ml

Lunch

<input type="checkbox"/> Cheese Dip & Crackers, Kraft 2/1 Servings/People 2.2 oz (62 gm), 200 Kcal	Kraft Handi-Snacks, Cheez'n Crackers Serving Size: 1.0 oz (27 gm), 1 package, cheees and 4 crac	Note:
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Total for Meal: 2.2 oz, 200 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Bar, Cliff, any flavor 1/1 Servings/People 2.5 oz (71 gm), 240 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Nuts, macadamia, roasted, salted 1/1 Servings/People 1.1 oz (30 gm), 220 Kcal	MacFarms of Hawaii, Macadamia Nuts, roasted, salted Serving Size: 1.1 oz (30 gm), 1/4 cup, 220 Kcal	Note:

Total for Meal: 3.6 oz, 460 Kcal/Person, Water to Boil: 0 ml

Extra Food

<input type="checkbox"/> Liquor, Scotch 8/1 Servings/People 12.0 oz (340 gm), 776 Kcal	Liquor, Scotch Serving Size: 1.5 oz (43 gm), 1.5 ounces, 97 Kcal	Note:
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Total for Meal: 12.0 oz, 776 Kcal/Person, Water to Boil: 0 ml

Total for Day: 21.3 oz, 1816 Kcal/Person, Water to Boil: 946 ml

Total for Trip: 11 lbs. 2 oz., Water to Boil: 8.3 liters

2138 Kcal/Person/Day (assuming 3 meals + snacks each day)

22 Oz/Person/Day