

The Backpacker's Field Manual

MENU PLAN

Meal - by - meal Method

BREAKFAST

Trip Day	Food Items	Quantity – 1 Person	Your Quantity
Day 1			

Day 2			
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Day 3			
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LUNCH

Trip Day	Food Items	Quantity – 1 Person	Your Quantity
Day 1			

Day 2			
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Day 3			
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SNACKS

Trip Day	Food Items	Quantity – 1 Person	Your Quantity
Day 1			

Day 2			
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Day 3			
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DINNER

Trip Day	Food Items	Quantity – 1 Person	Your Quantity
Day 1			

Day 2			
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Day 3			
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RATION METHOD

BREAKFAST

Food Items	Quantity/Person/Day	Number of Days	Your Quantity

TRAIL FOODS/SNACKS

Food Items	Quantity/Person/Day	Number of Days	Your Quantity

LUNCH

Food Items	Quantity/Person/Day	Number of Days	Your Quantity

DINNER

Food Items	Quantity/Person/Day	Number of Days	Your Quantity

DESSERTS

Food Items	Quantity/Person/Day	Number of Days	Your Quantity