

## **Trail Lunch Ideas / Day Hike Information**

1 Liter/Quart Water

Trail Mix – peanuts, cashews, almonds, raisins, dried fruits, M&M's, gold fish crackers, mini pretzels, wheat/rice/corn Chex, Granola, etc.

Cliff Bars, Granola Bars

Beef Jerky, Beef Stick, Dried Salami, Sardines, Canned Tuna, Vienna Sausages

Ritz, Crackers, Animal Crackers, Graham Crackers, Pop Tarts, Fig Newton's

Apple, Orange

Pack lunch in gallon size Ziploc freezer bag

Pack 10 essentials (Boy Scout Handbook page 207, lunch and water in day pack (or back pack if training for High Sierra trip)

To add weight to your pack if training for High Sierra trip pack 1 gallon of water (weighs 8 lbs.)

Sun Protection is Important! - Wear lightweight (non-cotton) long sleeve shirt, hat, sunglasses, and sunscreen

Wear hiking boots, 2 pair socks (1 thicker wool, 1 lightweight non-cotton) long pants that convert to short pants i.e. Boy Scout pants