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Food and Nutrition For Cold Weather Camping

Food needs to be: Easy to Prepare

Provide necessary Heat and Energy

Water needs to be: Potable

Adequate in supply for the group.

Caloric needs increase in the winter to 3000 to 5000 calories per day

(Roughly twice that of summer)

Water needs increase in cold weather also.

(2.5 to 3 liters per day)

Balanced diet for Cold Weather Camping is: 40% Fat

40% Carbohydrates

20% Protein

Carbohydrates provide the Energy

Fat provides the satisfying quality and Longer Term Energy

Proteins provide the Repair Materials

Breakfast: Provides moderate amount of energy

Needs enough fat to satisfy

Foods: Hot Cereals, oats, rice, corn, wheat.

Cake or granola bars

Fruit, raisins (add sauce for fruit soup)

Fruit Juice not flavored stuff real juice (high in sugar/Energy)

<u>Lunch:</u> Provides high carbohydrate energy

Requires minimum amount of preparation

Foods: Hard Fortified Crackers

Spread for Crackers (carry close so it doesn't freeze)

Fruit drink Hot Soup Fruit

Trail snacks

<u>Dinner:</u> Provides adequate calories to weather the night Highest amount of Protein

Foods: Hot Main Dish

One Dish Meal, Retort Meal, Freeze Dried Meal

Includes: Starch: rice, noodles, potatoes Sauce: meat broth, gravy Meat: beef,

ham, chicken

Fresh of Freeze Dried Vegetables

Crackers or Rolls Fruit Drinks Hot Drinks

Dessert: Puddings, cakes, cookies, cheese cakes With Hot Sauce.

Food Prep:

Stainless Bowls Clean up Easy.

Use insulated Cups and Bowls

Use Camp Stoves and Ovens

3 to 4 quart pots with lids

Matches and lighters that work when cold

Extra Stove Fuel

If you liked today and want to learn more sign up for the **Okpik cold weather camping Program** offered every other year. Inquire with Council or Oren at Paths Peak and Paddles.