The Backpacker's Field Manual

MENU PLAN

Meal - by - meal Method BREAKFAST

Trip Day	Food Items	Quantity – 1 Person	Your Quantity
Day 1		-	•
, -			
Doy 2			
Day 2			
Day 3			
LUNCU			
LUNCH		0 d. 4 D	v •
Trip Day	Food Items	Quantity – 1 Person	Your Quantity
Day 1			
Day 2			
, -			
D 0			
Day 3			
SNACKS			
	Food Items	Quantity 1 Darcon	Vour Quantity
Trip Day	roou itellis	Quantity – 1 Person	Your Quantity
Day 1			
Day 2			
Day 3			
Day 0			
-			
DINNER			
Trip Day	Food Items	Quantity – 1 Person	Your Quantity
Day 1			
Duy I			
Day 2			
Day 3			
-			

The Backpacker's Field Manual

RATION METHOD

BREAKFAST					
Food Items	Quantity/Person/Day	Number of Days	Your Quantity		
TRAIL FOODS/S	SNACKS				
Food Items	Quantity/Person/Day	Number of Days	Your Quantity		
LUNGU					
LUNCH Food Items	Quantity/Person/Day	Number of Dave	Vour Quantity		
1 000 Items	Quantity/i erson/Day	Number of Days	Tour Quantity		
DINNER					
Food Items	Quantity/Person/Day	Number of Days	Your Quantity		
DESSERTS	0 11 10 10		V 0 15		
Food Items	Quantity/Person/Day	Number of Days	Your Quantity		