

Title:

The Best Backpacking Foods

Word Count:

294

Summary:

Which backpacking food is best is just an opinion, of course, but there are reasons why some f

Keywords:

backpacking food,backpacking foods,backpacking

Article Body:

Maybe your favorite backpacking food is a freeze-dried turkey dinner. There really is no "best

1. Nuts. This is one of the most calorie-packed foods you can take. That means less weight to
2. Olive oil. Add a little to your soups or dip bread in it. The best of the oils health-wise
3. Trail mixes. Any mix with raisins and nuts is great for backpacking. Vitamins, minerals, p
4. Corn products. Tortilla chips or corn nuts are convenient, and they don't seem to cause th
5. Ramen noodles. When you need a hot meal fast, there isn't much that's better.
6. Instant coffee. A necessity for caffeine addicts, and it's good to have a stimulant availa
7. Wild edible berries. Learn to identify a few, and you'll have a nutritious excuse for a br
8. Instant sports drinks. Pour a little in your water bottle and shake. Replacing electrolyte
9. Instant refried beans. When you want sustained energy, eat beans.
10. Your favorites. Having your favorite foods can help salvage a rainy backpacking trip spen

Always consider the nature of the trip when you choose your backpacking food. Hot meals are mu

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