

EQUIPMENT LIST – **Food & Fuel**

A NOTE ABOUT FOOD: Food is the only weight in your pack that provides energy rather than taking it away. Food is not the place to skimp on weight.

The best way to keep your food weight low while having “enough” is to find calorically dense foods. The food you choose should be appealing. No one is particularly hungry while hiking at 3am but you must eat to maintain energy. Packing tasty food is a necessity.

Consider this food list a general guide that should be tailored towards your body and your trip length. On longer trips bring more food and more variety. On trips with carry-overs (where you will be climbing with your full pack), focus on keeping your food lightweight and streamlined. On winter trips, focus on foods that don’t freeze or become rock-hard. A frozen Clifbar isn’t helping anyone stay nourished. On day trips with shorter approaches, focus on bringing food that is delicious and probably similar to your day-to-day food. Weight is less of a consideration.

It can be useful to take the time to minimize packaging. This may mean re-packaging the food you bring. Less packaging means less weight that you have to carry up and down the mountain, and less mess on the mountain. Ask your guide for ideas on how to do this.

NCMG does not provide food on our trips – we feel that this allows you much more flexibility to accommodate your own preferences and dietary needs while allowing you to learn and practice some food packing and planning skills. We are more than happy to work with you to help you bring the right food and the right amount of food – please contact your guide with any questions.



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FOOD OPTIONS

BREAKFAST OPTIONS

- ☐ Coffee (we recommend instant coffee such as alpine start or starbucks via)
- ☐ Instant Oatmeal
- ☐ Breakfast Bars
- ☐ Granola & Powdered Milk (pre mixed and bagged)
- ☐ Instant Grits
- ☐ Additional toppings that make these items more palatable & nutritious include nuts, seeds, brown sugar, dried fruit, etc.

LUNCH & SNACK OPTIONS

- ☐ For day trips, consider a pre-made sandwich, pizza, etc.
- ☐ Cheese
- ☐ Salami or other cured meats
- ☐ Tortillas or bagels (less crushable than bread)
- ☐ Energy Bars & Candy Bars
- ☐ Energy Gels and Gummies
- ☐ Trail Mix
- ☐ Candy

DINNER OPTIONS

- ☐ Commercially packaged freeze-dried dinners. These are often the simplest option
- ☐ Ramen or other instant noodle meals
- ☐ Couscous (instant)

DESSERT OPTIONS

- ☐ Chocolate / Candy
- ☐ Tea or hot cocoa

FUEL

- ☐ Please ask your guide how much to bring, as it varies widely depending upon conditions and trip length. Please bring isobutane gas canisters that are compatible with the stove you will be using

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