

EQUIPMENT LIST – Food & Fuel

A NOTE ABOUT FOOD: Food is the only weight in your pack that provides energy, rather than taking it away, so food is not the ideal place to skimp. The best way to save weight in your food pack while maintaining energy is to look for calorically dense foods. You also want to bring food that is appealing. No one is particularly hungry while hiking at 3am, but you must eat to maintain energy, so packing tasty food is important. Consider this food list as a general guide that should be tailored towards your body and your trip. On longer trips, bring more (and more varied) food. On trips with carry-overs (where you will be climbing with your full pack), focus on keeping your food lightweight. On winter trips, focus on foods that don't freeze or become rock-hard. On day trips with shorter approaches, focus on bringing food that is delicious, since weight is less of a consideration.

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 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.

It can be really useful to work hard to minimize packaging. This may mean re-packaging the food your bringing. Less packaging means less weight that you have to carry up and down the mountain.

<p>FUEL</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>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</i> <p>BREAKFAST OPTIONS</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Coffee (we recommend instant coffee such as alpine start or starbucks via)</i> <input type="checkbox"/> <i>Instant Oatmeal</i> <input type="checkbox"/> <i>Breakfast Bars</i> <input type="checkbox"/> <i>Granola & Powdered Milk (pre mixed and bagged)</i> <input type="checkbox"/> <i>Instant Grits</i> <input type="checkbox"/> <i>Additional toppings that make these items more palatable & nutritious include nuts, seeds, brown sugar, dried fruit, etc.</i> <p>LUNCH & SNACK OPTIONS</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>For day trips, consider a pre-made sandwich, pizza, etc.</i> 	<p>LUNCH & SNACK OPTIONS</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Cheese</i> <input type="checkbox"/> <i>Salami or other cured meats</i> <input type="checkbox"/> <i>Tortillas or bagels (less crushable than bread)</i> <input type="checkbox"/> <i>Energy Bars & Candy Bars</i> <input type="checkbox"/> <i>Energy Gels and Gummies</i> <input type="checkbox"/> <i>Trail Mix</i> <input type="checkbox"/> <i>Candy</i> <p>DINNER OPTIONS</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Commercially packaged freeze-dried dinners. These are often the simplest option</i> <input type="checkbox"/> <i>Ramen or other quick cooking noodle meals</i> <input type="checkbox"/> <i>Couscous (instant)</i> <p>DESERT OPTIONS</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Chocolate / Candy</i> <input type="checkbox"/> <i>Tea or hot cocoa</i>
---	--