

GUIDERITE FOOD LIST (Suggested)

Breakfast: Mountain house breakfast meal or 3 packs of oatmeal

Morning snacks: cliff bar, granola bar, trail mix

Lunch: Bagels w/peanut butter and honey or bacon

Afternoon snacks: same as morning snack

Dinner: Mountain house, instant potatoes, tortillas

Drinks: coffee, crystal light, wilderness athlete drink packs, Gatorade (G2 packs)

Other snacks: jerky, dried fruit, corn nuts, tuna packs, candy