

Food Rationing



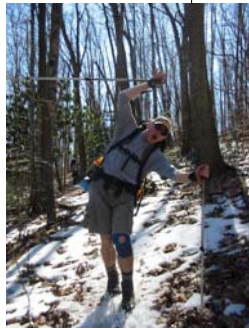
Proper Food Planning

- It is a safety issue!
- It influences the quality of the experience!
- It is good environmental stewardship!



Nutrition in the Outdoors

- Average person consumes 2,500 to 3,000 calories while participating in moderate outdoor activities
- Strenuous activities require consumption of 3,000 to 7,000 calories per day.



Basic Nutritional Guidelines Per Day

- Carbohydrates (50 -80%)
- Proteins (10-15%)
- Fats (30%)



Two Systems for Planning

- Menu Planning

- Popular
- Simple
- For short trips

More difficult to calculate calories and nutritional breakdown



Second System

- Bulk Rationing
 - Ave. 1.5 to 2.5 pounds/person/day
 - Strenuous 2 to 2.25 pounds/person/day
 - Cost between \$3.00 & \$6.00 person/day

[\(see sample rations list page 260\)](#)





What about freeze dried???

- Expensive
- Nutrition?
- Convenient
- Lightweight



What about fuel?

(White Gas)

- Depends on stove, altitude, food, group size.
- General rule: ½ quart/day for group of 3 in moderate conditions.



Structure for our trip

- Which system?
- Must have!
 1. Hot breakfast (one morning must be pancakes)
 2. First dinner: Pasta dish
 3. Second dinner: Surprise Stew from scratch
 4. No canned foods
 5. Hot drinks
 6. Scratch desert
 7. Don't forget spices!!!

