



# How to eat while trekking

If you're not used to trekking, chances are you think of your daily meals as breakfast, lunch and dinner with something in between. While trekking, this isn't always the best plan. **We're well aware that food planning can be confusing**, especially if you're new to the game, so we took some time to compile some summary advice! After reading our rough guidelines, you can browse the internet for great recipes!

## Hut or ho(s)tel based trips

When you join one of our guided hut or ho(s)tel based trips, you will be provided with breakfast and packed lunch in most cases. Dinner can be part of a half board formula or we visit local restaurants. This is "*easy mode*", but it's still worth looking at how (and what) to eat during the day.

**A little head's up on how we eat out in the wilderness.** We'll make plenty of time for breakfast and dinner, but during the day we don't really engage in fine dining. There's several reasons for this. Weather might be rough and we want to keep our energy levels stable as we move throughout the day. Therefore **we'll have several short-ish snacking breaks throughout the day instead of one big lunch break.** If weather allows nice long breaks, all the better, but we want to set realistic expectations.

### What kind of snacks should I bring?

Here **variety is what will keep you happy** and will keep you wanting to eat. Bring a nice mix of bars, nuts, dried fruit, chocolate (M&M's are amazing!), dried sausage, cheese, hard biscuits,... Mix it up! It's always nice to exchange with others! Aim for at least 1000 calories/day.

## Trekking trips where we carry all of our supplies with us

I'll make some suggestions on how you can plan your meals. One thing always rings true: bring **variety!** Try to mix things up and **keep a good balance between weight / packing volume.** You're the one carrying it!

**Breakfast:** Some bags of tea or a form of coffee. Real coffee is always nicer than the instant stuff! I like to prep small bags with a portion of oats/milk powder/sugar. Add boiling water and done. Your breakfast should be a good amount of carbohydrates. Think cereal or ask us if you're not sure what we mean. Aim for roughly 500 calories/day.

### During the day (snacks/lunch)

Here again, **variety is what will keep you happy** and will keep you wanting to eat. Bring a nice mix of bars, nuts, dried fruit, chocolate (M&M's are amazing!), dried sausage, cheese, hard biscuits,... Mix it up! It's always nice to exchange with others! Aim for at least 1000 calories/day.



## Dinner

A very **good volume vs weight vs nutrition deal is to bring the classic dried food bags** you'll find in most outdoor stores. Again, bring a variety! They usually come in 1 person portions, but if you're a hungry person, it's nice to get yourself 2-person portions. It's **always nice to bring some appetizers** like cheese/sausage. Some teabags are nice as well. Aim for roughly another 1000 calories/day as a minimum

- ➔ All meals combined – and depending on your weight, activity level etc. - You should bring an absolute minimum of 2500 calories/day. Most people will eat between 3 – 4000 calories depending on how much effort the trek requires. **Snacking throughout the day is a great way to sneak in calories which will keep you full of energy!**

## Extra's

You'll be in wilderness. Weather might be grim, you might be tired and sore and the tent might not look like your dream hotel. It's always nice to have a stiff drink to ease the mind and the muscles. Not that we want to force people to drink. But in our experience, sharing a drink lightens the mood and brings people together for fun conversations. Quite often, the ones who brought something end up sharing with those who didn't. It's a great way to make friends! ;)

## What about water?

We will always do the utmost to make sure our water sources are good. Even though most mountain regions provide good sources, it's a good idea to bring some water purification tablets if you don't trust drinking out of the streams. Most sources are fine and if we doubt the purity we'll tell you and extensively boil it first or use filter systems. When using accommodation, we should always have reliable sources of water at the start and the end of the day. Aim to carry a minimum of 1.5 to 2l per day depending on the conditions.

## One last thing!

We leave no trace, so what we carry in – we carry out. Bring some sturdy waste disposal bags!

**Bon appetit!** And remember, never hesitate to ask questions or ask for help! Contact us at [info@daysontrails.com](mailto:info@daysontrails.com)