

Groceries Hikers Buy

Ramen-Beef and Chicken are the most popular

Lipton Noodle Sides

Lipton Rice Sides

Macaroni and Cheese-Like the Kraft Boxes

Freeze Dried Backpack Entrees

Foil Tuna packets-3 oz.

Hamburger in foil packets

Other Foil meat and fish Packets

Canned tuna and other meats when foil packets are not available

Hard Italian salami

summer sausage

Pop Tarts

Breakfast Bars

Packets of Instant potatoes

Beef Jerky

Peanut Butter-Jars and packets

Nutella

String Cheese

Flavored Instant oatmeal Cereals

Instant White Rice

Pita bread

Flour tortillas

Brown rice cakes

Bagels

Crackers-Ritz, Wheat thins,

Dried Fruit

Nuts

Sunflower seeds

Cheese and Cracker snacks

All types of candy
Snickers and other candy bars
Hard Candy (Jolly Ranchers and others)
Energy Bars (Balance, Cliff, power Bars.....
.....)

Small packets of powdered milk
Instant pudding-

Instant Coffee
Chocolate covered espresso beans
Ground Coffee-1/2 pound and under and
restaurant one pot packets
Hot chocolate packets

Olive oil
Dehydrated Pasta Sauces
Catsup, mustard, mayo, salt, pepper, relish,
hot sauce packets

Plain Pasta
Zip Locks-One Gallon
Toilet Paper-Single Rolls or they'll steal it
from public restrooms.

While in town

Prepared foods
Deli foods(cheeses, meats, salads,
sandwiches)
Ice Cream in Pints, ice cream sandwiches,
ice cream bars
Very cold soda pop
V-8
Beer, wine, etc.