

# 1: Plan Ahead And Prepare

## MEALS



## PACK A PACK

- **Over-loaded packs lead to fatigue and poor decision making. Well organized meals reduce pack weight.**
- **Which of these foods are lightweight and produce a minimum amount of trash?**

**Dry cereal**

**Powdered milk**

**Dehydrated dinners**

**Bacon & eggs**

**Canned Soup**

**Tin-foil dinners & stew**

### Hints:

- **Repackage food into reusable containers and baggies to reduce waste.**
- **Anything you bring with you should be eaten or taken home, including leftovers.**

