

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.**

