

Trail Lunch Suggestions!

A good trail lunch is unspoilable, unsquishable, and light. Tasty, nutritious, and minimally packaged are also important.

Your child will need lunches for two (2) days that will keep for days without refrigeration, and one (1) lunch, brought at 4:00 am to the bus, which can keep for 10 hours without refrigeration.

Check for excess size, weight, and unsafe containers.

Hints:

- Sandwiches get squashed and soggy after the first day, and students just don't eat them
- Avoid Mayo, Mustard, and Butter (They get nasty!)
- Avoid fresh fruit (too heavy)
- Don't over-wrap (trash must be carried out)
- Don't over-load (you have to carry it!)
- No glass (breakable and heavy) or canned food (sharp trash can cut through bags) unless moved to a plastic container
- No carbonated drinks.
- All trash has to be carried out.

Suggested Foods:

- Crackers
- Cheese (smoked or otherwise not requiring refrigeration)
- Salami / Pepperoni / Bologna – sliced
- Hummus / Pita
- Dried meats (jerky)
- Peanut butter (remember to be aware of those with nut allergies)
- Dried fruit
- Limited fresh fruit
- Carrots, celery, etc.
- GORP (raisins, nuts, dry cereal)
- Cookies
- Hard-boiled egg
- Freeze-dried food (that doesn't need cooking or hot water)
- Sugar drink mixes (for at most 1 liter of water at a time)