



Agua Caliente

Req #7

Menu Planning for Trail Hiking & Backpacking

Agua Caliente— Trail Hiking & Backpacking Meals

- Three meals and a snack *without needing* refrigeration
- All Patrols will prep & cook the same meals for simplicity
- Each Patrol will evaluate their own meals on presentation & taste



Trail Hiking & Backpacking Meals Unique Issues



- **Weight is everything**
 - **NO** luxury of loading gear on a truck
 - Carry what you use/ consume
- **More strenuous activity**
 - Need more calories
- **Need wise menu planning and preparation**
 - No refrigeration
 - Longer the outing, the more complicated
 - Balance nutritional value, taste & variety

Trail Hiking & Backpacking Meals Equipment Requirements

- **Cook "kit"**
 - Camp stove & fuel
 - Pot/ pan, basic utensils
 - "Dora" bowl, cup & "Spork"
 - Hand sanitizer, cleaning
- **Meals**
 - "one pot" single course
 - Multiply recipes to group's size
 - Food often dehydrated
 - Prepackaging meal critical (Ziploc freezer bags)
- **Leave No Trace**
 - More remote, more pristine
 - Be conscious of impact on area
 - Meticulous cleaning



Agua Caliente– Meal Plans (15 March)

Lunch

- Mediterranean Ramen

Dinner & Dessert

- Appalachian Chicken & Rice
- Shake It! Pudding

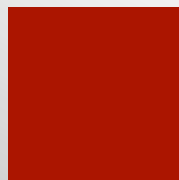
Agua Caliente– Meal Plans (16 March)

Breakfast

- North Woods Oatmeal w/
mixed fruit
- Tang orange drink
- Hot chocolate

Snacks

- Trail mix
- Jerky



Final Notes on Agua Caliente

- Adults will help supervise Patrols.
 - Counselor is out of town :(
- **Every Scout is a Grubmaster on this outing!**
 - All working together on the same merit badge
 - All helping each other (including clean up)
 - No work, no help, no eat

Questions?

