

## Sample Backpacking Menu and Budget

Monday Lunch - Saturday Lunch, cooking for 4  
(priced in 2006)

v.2006.01.31

Download at [kurtelieson.com](http://kurtelieson.com)

Category	Individual Daily Share			Crew of 4 Weekly Totals		
	Portion	Weight	Cost	Item for Purchase	Weight	Cost
<b>Food</b> \$43.50 11 lbs	2 packets oatmeal	4 oz	\$0.40	4 x 10-pack box Big Bowl instant oatmeal @ 21 oz   \$2.00	84 oz	\$8.00
	1 packet ramen noodles	3 oz	\$0.15	20 x packet ramen noodles @ 3 oz   \$0.15	60 oz	\$3.00
	<b>Breakfast Totals</b>	<b>7 oz</b>	<b>\$0.55</b>	<b>5 meals</b>	<b>144 oz</b>	<b>\$11.00</b>
	1 tube crackers (1/4 of 1 lb box)	4 oz	\$0.62	2 x box Saltine crackers @ 16 oz   \$2.00 2 x box Club crackers @ 16 oz   \$2.50 2 x box Ritz crackers @ 16 oz   \$3.00	24 oz	\$12.50
	1 can meat	6 oz	\$1.00	8 x can tuna @ 6 oz   \$0.60 8 x can salmon @ 6 oz   \$0.90 8 x can chicken salad @ 6 oz   \$1.50	144 oz	\$24.00
	4 mayonnaise packets	1 oz	\$0.08	1 x 100-pack box	? 16 oz	? \$2.00
	2 pickle relish packets		\$0.04	1 x 50-pack box	? 8 oz	? \$1.00
	1/8 can cheese spread	1 oz	\$0.42	3 x squirt can cheese spread @ 8oz   \$3.40	24 oz	\$10.00
	peanut butter & honey	1 oz	\$0.15	smallest sizes of PB & H @ 32 oz   \$4.00	32 oz	\$4.00
	<b>Lunch Totals</b>	<b>13 oz</b>	<b>\$2.30</b>	<b>6 meals</b>	<b>248 oz</b>	<b>\$53.50</b>

Category	Individual Daily Share			Crew of 4 Weekly Totals		
	Portion	Weight	Cost	Item for Purchase	Weight	Cost
	single portion of freeze dried dinner	3 oz	\$3.00	5 x 4-person freeze dried dinner entree @ 12 oz   \$12.00 choose one stew: beef stew choose two noodle: lasagna stroganoff turkey tetrazini choose two rice: chicken and rice polynesian, teriyaki, sweet and sour, etc.	60 oz	\$60.00
	single portion of dinner stretcher	2 oz	\$0.25	1 x box of couscous @ 10 oz   \$1.00 1 x bag of farfalla noodles @ 16 oz   \$1.00 1 x 28 oz box of minute rice @ 16 oz   \$2.50	42 oz	\$4.50
	<b>Dinner Totals</b>	<b>5 oz</b>	<b>\$3.25</b>	<b>5 meals</b>	<b>102 oz</b>	<b>\$64.50</b>
	16 oz hot chocolate or hot apple cider	2 oz	\$0.20	1 x 30-pack box hot chocolate @ 30 oz   \$2.50 1 x 10-pack box hot apple cider @ 10 oz   \$1.50	40 oz	\$4.00
	21 oz Kool Aid	2 oz	\$0.25	2 x tub Kool Aid mix (4 gallons) @ 18 oz   \$3.00 or Tang (3 gallons) @ 21 oz   \$4.00 ??	36 oz	\$6.00
	<b>Drinks Totals</b>	<b>4 oz</b>	<b>\$0.45</b>	<b>5 days</b>	<b>76 oz</b>	<b>\$10.00</b>
	marshmallows	1 oz	\$0.05	1 x bag @ 16 oz   \$1.00	16 oz	\$1.00
	beef jerky	1 oz	\$0.50	4 x bag @ 4 oz   \$3.00	16 oz	\$12.00
	trail mix	3 oz	\$0.50	2 x bag @ 32 oz   \$5.00	64 oz	\$10.00
	1 granola bar	1 oz	\$0.50	4 x 6-bar box @ 7 oz   \$3.00	26 oz	\$12.00
	dry fruit			4 x bag @ 3 oz   \$2.00		
	cup of soup			5 x 4-pack box @ 3 oz   \$1.25		
	<b>Snacks Totals</b>	<b>6 oz</b>	<b>\$1.55</b>	<b>5 days</b>	<b>122 oz</b>	<b>\$35.00</b>
	<b>Food Totals</b>	<b>35 oz</b>	<b>\$8.00</b>		<b>44 lbs</b>	<b>\$174.00</b>

Category	Individual Daily Share			Crew of 4 Weekly Totals		
	Portion	Weight	Cost	Item for Purchase	Weight	Cost
<b>Supplies</b> \$7.00	white gas					\$6.00
	ziplocs			1 x 20-plus bag box		\$3.00
	trash bags					\$3.00
	oven safe bags			5-bag box Reynolds @ 3 oz   \$3.00		\$3.00
	liquid dish soap			1 x 8 oz biodegradable camp suds	8 oz	\$3.00
	plastic cups paper bowls plastic silverware			75 cups 50 bowls 40 spoons, 20 forks, 10 knives		\$10.00
	<b>Supplies Totals</b>					<b>\$28.00</b>
<b>Gasoline</b> \$15	gas at \$2/gal, vans get 20 mi/gal, gas is \$0.10/mi for \$10 can go 50 miles to destination and back (SoTex or SE Ark = \$50/van; W Tx or SE NM = \$100/van) will vary by how many people travel in each vehicle					
<b>Park Fees</b> \$10 (?)	state parks – youth pass makes price reasonable national parks national forests – mostly free					
<p>buy freeze dried dinners at REI, canned cheese spread &amp; bake-packer food at Albertsons, other food at WalMart</p> <p>boys can bring items in italics in kind rather than as cash for purchasing</p> <p>other ideas: muffins, tuna helper, lipton noodle packages, powdered egg omellettes sugar is heavy, avoid it when reasonable</p>						