Dear Backpackers Bob & Bobbi,

Sleepless in my Sleeping Bag

A wise instructor from Wilderness Trekking School once advised that the most important criteria for eating on the trail is to bring food you like to eat. It’s also a good way to go, but individual packets or a well-tested bottle work too. A word of caution, though—give your digestive track time to get used to these oils. Before hitting your air mattress has a leak.

Here are some examples of calorie-dense foods that Bobbi and I like to pack to help you feel full and fuel a good night’s sleep:

- Meats - Jerky, Dry Salami, Summer Sausage
- Nuts - Peanuts, Walnuts, Almonds, and Cashews
- Junk Food - Chips
- Canned Goods - Spaghetti, Chili, Beans
- Pasta - Spaghetti, Spaghetti Squash
- Potatoes - White and Sweet
- Sandwiches - Ham, Cheese, Turkey, and Chicken
- Cereal - Oats, Granola
- Cheese - Cheddar, Swiss
- Meat Jerky - Turkey, Pork
- Energy Bars - Clif Bar, Powerbar
- Coffee - instant, decaf
- Canned Caloric beverages - Mountain Dew
- Powdered Milk or Protein Powder to add a little more energy to our meals.

Take care and see ya’ on the trails,

Powdered Milk or Protein Powder to add a little more energy to our meals.