

Getting your

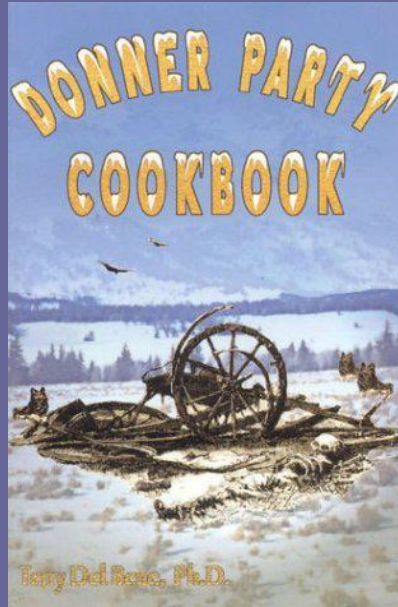


Grub on in the wilderness

Brian Decker

Wilderness Travel Course

This lecture may not save your life ...

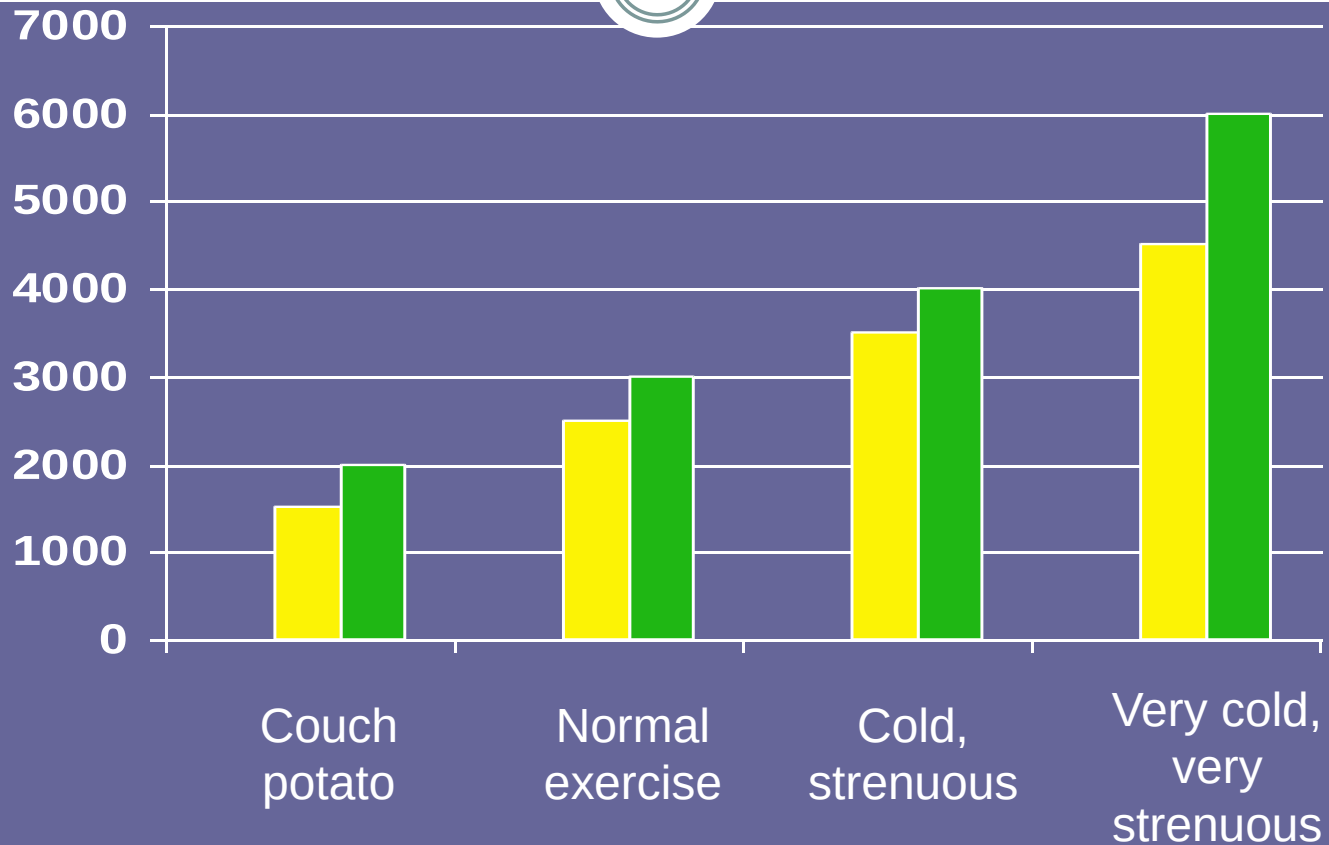


... but you'll feel a lot better!

First Tip

Eat way more food
in the wilderness
than you do at home.

Counting calories



The inevitable formula



$$E = 100(10 + R + 2C + 4H)$$

- $E \sim$ energy in calories burned
- $R \sim$ miles on trail
- $C \sim$ miles cross-country
- $H \sim$ altitude gained in thousands of feet

Mount Wilson hike



14 miles, 3,500-feet gain

$$\text{Energy} = 100(10 + 14 + 0 + 4(3.5))$$

$$= 100(24 + 14)$$

$$= 100(38)$$

$$= 3,800 \text{ calories}$$

For those who hate formulas



If you aren't eating at least a third more to twice as much as you eat at home

You aren't eating enough!

Second Tip



Drink way more water
in the wilderness
than you do at home.

Third Tip



Rethink your diet.

Good news!



In the wilderness you can
actually eat all the food
you want ...

...if you eat the right foods.

Carbohydrates



- For quick energy
- Should be 60% to 70% of your diet in the mountains
- Eat carbs frequently throughout the day

Carbohydrates



Candy
Trail snacks
Fruits

Pasta
Rice
Breads
Potatoes

Examples



Fats



- Longer-term energy
- 25% to 40% of diet
(more in winter than summer)

Fats



- 9 calories/gram or 210 cal/oz.
- Can take up to 4 hours to digest
- Eat some fats during day
- Reserve most fats for dinner

Fats



- Peanut butter
- Oils
- Nuts
- Candies
- Butter and margarine

Examples



Proteins



- Repair muscle
- Help metabolize food
- Should be 15% to 20% of diet

Complete



Contain essential amino acids

- Meat
- Fish
- Poultry
- Eggs
- Milk products
- Soybeans

Examples



The Big Easy No-No



Energy bars are a quick fix.

They are not a substitute for complete meals.

Can We Talk – Real Suggestions



- Ramen
- Instant Potatoes with Chicken
- Steak with Red Potatoes
- Shrimp and Tortellini
- Garbage bag salad
- Prepackaged dehydrated meals
- Homemade dehydrated Meals
- Peanut Butter and Jelly sandwiches/tortilla
- Pizza

Can We Talk – Real Suggestions



- Cheese
- Pasta
- Think outside the box
- Think Frozen for overnights
- Be creative

Fourth Tip

Plan every meal.

- Think calories per ounce
- Think light, light, light
- Be Creative



- Make a trip plan
- Make a meal plan (rule of thumb)
 - ✓ 1.5 to 2 lbs. of food for 3-season trips
 - ✓ 2 to 2.25 lbs./day for cold or strenuous trips
 - ✓ 2.5 lbs./day for winter or very strenuous trips

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Cholesterol 30mg **10%**

Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Read the label.

- Get the most calories for the weight.
- Include carbs in every meal.

Plan, plan, plan



- Plan way in advance
- 3 meals a day
- Snacks
- Water
- Shipping resupplies

Fifth Tip

Repack everything.

Pack we must



- Remove commercial packaging; repack in paper or plastic
- Put cheese or unwashed, uncut produce in brown paper bag to delay spoilage
- Put sauces in Nalgene bottle, tighten lid and place in Ziploc

This side up



- Don't bring glass. Ever.
- If you'd like to enjoy wine on your trip, pour it into a plastic bottle.
- Pack the bottle in a Ziploc - or two Ziplocs.



Sixth Tip



Protect your food.

In camp



- Assume bears and other varmints are active.
- Bear canister:
 - Garcia
 - BearVault
 - Bearikade
- Keep in shady spot during day

Good food



The difference between
surviving
and
thriving
in the wilderness