

Hiking Meal

Bringing food to the trail is essential. The quantity and types of food depends on the trail length and intensity. Always think of nourishing and strengthening food.

Below is a list of ideas to inspire

Tuna, pasta and boiled eggs.

Baked potato and boiled eggs.

Avocado and eggs. Dressing thyme and olive oil.

Oatmeal

Peanut butter

Jam and butter

Snacks: Nuts, Energy bars

Minimum a 2 L of water

▼ Don't forget to let someone know your plans before you go.

