

It's important to have a nutrition plan for your hikes to mitigate dizziness, disorientation, fatigue and/or injuries while enjoying the outdoors.

### **Bring in your pack:**

- A separate water container for electrolytes for hikes greater than 1 hour to mix the correct solution/ratio according to the package.
- Waste bags (extra if choosing high fiber foods)
- Water purifying tablets for emergency situations. (Recon water sources along your hike)
- Hold on the celebration beverages (alcohol, energy drinks) until you safely return.



Pack enough food and water for before your hike, during your hike, and to safely recover and return after.

## **Additional Resources**

### **Backpacking and Hiking Water Calculator**

<https://www.campingforge.com/backpackingcalculator/>



### **Hiking Calorie Calculator**

<https://outdooradept.com/hiking-calorie-calculator/>



How did the trail mix become an expert hiker?

It took a lot of nuts and determination...

# **NUTRITION FOR HIKEs**

**FUEL YOUR ADVENTURE**





## **PREPARATION**

1-2 days prior to hike, eat a meal with half your plate complex carbohydrates, adequate protein, and 1/2 to 1 cup of fruits and vegetables.

Make sure you are well hydrated, drinking 1/2 your body weight (lbs) in oz, plus additional 12-24 oz for every hour of activity. Conduct a morning urine test ; you are well hydrated if your urine is clear to pale yellow.

## **BEFORE**

1 to 4 hours prior consume a carbohydrate rich meal around 300-500 calories or .5 to 1.8g Carb/lb & 16 to 24 oz of water

### **Examples:**

- Banana and 2 packets of instant oatmeal with milk
- Orange juice with bagel, Peanut butter and jelly or avocado and egg
- Waffles with syrup and berries

## **DURING**

Opt for low-volume, calorie-dense foods to get the most energy and save space and weight in your pack.

Small frequent snacks high in carbohydrates and healthy fats will keep you energized throughout your hike.

Aim for 30-60g carbohydrates per hour, or 90g per hour for hikes greater than 3 hours. Plan for .5 to 1 L per hour of water or use water calculator to determine your needs (on back). Replenish electrolytes with food and electrolytes (Gatorade, NUUN, GU, LMNT, GU, skratsh)

### **Examples:**

- Sports gel, bar, chews or wafers
- Apple sauces, fruit pouches, fresh fruit
- Pretzels or crackers with cheese, peanut butter, or hummus
- DIY energy bites or bars
- 1/4 cup of raisins, raisins, dried fruit
- Trail mix
- Half sandwiches

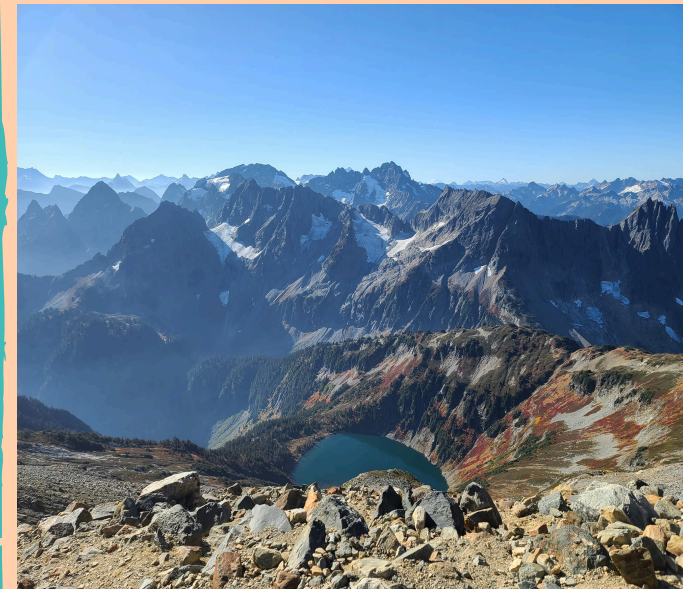
## **AFTER**

Begin re-hydrating with 16 oz of fluid for every lb lost during the hike.

Within 45 minutes eat a meal with at least 50g carbohydrates and 15-20 grams protein. Include salty foods.

### **Examples:**

- Turkey and cheddar cheese sandwich with an apple and chips.
- Peanut butter and jelly sandwich with chocolate milk
- Carnations breakfast drink and a banana
- Greek yogurt with trail mix and fruit



## **Pack in the Car:**

- A Gallon of water per person for emergency situations
- Extra shelf stable food and snacks

Consider the additional time you may take on the trail or the unexpected time it may take to get back home or to civilization.

