



## Hiking Snack Ideas

Think quick, nutritious, easy and non-perishable!

Applesauce Packets

Beef Jerky

Carrots and Hummus

Chocolate Covered Almonds

Craisins, Raisins

Dates

Dried Fruit (Mango, Apple, Banana)

Energy bars, drinks, gels, chews

Fruit: Apples, Bananas, Oranges

Granola or granola bars

Nuts and seeds

Protein Bar or Nut-based bar

Pancakes or protein pancakes

Pasta Salad

Peanut Butter & Jelly or Honey Sandwich

Pretzels

Tortillas, Whole Grain

Trail Mix

Tuna (ready-made tuna salad packets) & crackers