

Backcountry Meal Packing List

Breakfast

- ☐ Peak Refuel Biscuits & Gravy
- ☐ Peak Refuel Breakfast Skillet
- ☐ Instant oatmeal packets (optional backup)

Coffee + Morning Drinks

- ☐ Café Bustelo instant coffee packets
- ☐ Collapsible mug
- ☐ Jetboil or small camp stove
- ☐ Small bag of powdered creamer (if you take it)

Snacks

- ☐ Honey Stinger Nut + Seed Bars (Dark Chocolate Sea Salt, Blueberry Almond)
- ☐ Trail mix with nuts + dried fruit
- ☐ Electrolyte drink mix packets

Lunch / Midday Meals

- ☐ Tortillas + nut butter packets
- ☐ Cheese sticks or hard cheese
- ☐ Summer sausage or jerky

Dinner

- ☐ Peak Refuel Chicken Coconut Curry
- ☐ Peak Refuel Beef Stroganoff
- ☐ Seasoning packets (hot sauce, garlic powder, chili flakes)

Other Essentials

- ☐ Long-handled titanium spoon
- ☐ Small resealable trash bag for wrappers
- ☐ Wet wipes for cleanup