



KHHT Hiking Food Ideas - Meal Planning Considerations:

Taste: Eat what you like. Don't try to convert your taste buds to new types of food deep in the bush.

Calories: Don't start a diet program during a multiday hike. You'll need ample calories (and water) to fight off fatigue and headaches.

Nutrition: It's fine to tear into a candy bar during a trip, but for the long haul you want to rely on complex carbohydrates and proteins. Intelligent quick snacks such as nuts and dried fruits provide more stable energy for your muscles than that chocolate bar.

Weight and bulk: Stick to lightweight and low-bulk backpacking food as much as possible, especially on the long hike. Consider repackaging foods into re-sealable plastic bags to minimize bulk and garbage. Be sure to clearly label the bags and include cooking instructions.

Ease of preparation: Unless you are an experienced camp chef, keep things simple and choose easy backpacking meals. Always include no-cook food items in case your stove malfunctions.

Availability of water: Drinking water is readily available at each campsite, however no filling stations along the route can be expected – EXCEPT on Day 3 @ Compressor Rest when it is your longest hiking day of 21km.

Fuel: Check the cook time for foods such as pasta, potatoes, rice, quinoa, etc. and make sure to plan for enough fuel (some of these dishes take a deceptively long time to cook).

Cost: Convenience has its price. Freeze-dried meals and energy foods can be expensive, but at the end of a long day when your weary body only has enough energy to boil water, such luxuries are justifiable.

Meal Options

Fresh foods: Refrigeration is one of those luxuries you leave behind at home. Most fresh foods are good for one day inside your pack, maybe two. Carrots usually last longer.

Dry foods (pasta, noodles, instant rice, soup mixes, drink mixes) are light, take up minimal volume inside a pack and offer you some decent taste alternatives.

Freeze-dried/dehydrated foods are super convenient. While relatively pricey, they deliver above-average taste and sustenance for very little weight.

Canned foods have a place in your pack only if the trip is short and your hunger for familiar food is high (some typically canned foods also come in vacuum-sealed pouches). Tuna or other canned meat products can be a nice toss-in item for a pot of rice, for instance. But skip foods packaged in larger cans or bottles. The weight and bulk just aren't worth it.

Spices can boost the appeal of backpacking food. Consider bringing pepper, garlic powder or salt, basil, cayenne pepper, lemon pepper, cumin, crushed red pepper, cinnamon or whatever else is essential to your home kitchen.

Flavoured beverages can taste mighty refreshing after a few days of nothing but water. Powdered drink mixes offer a nice mid-trip treat.

Backpacking Meal Ideas

Breakfast - Popular choices: Instant hot cereals, dehydrated eggs, pancake mix, breakfast bars, granola, dry cereal, instant tea, coffee, powdered milk, juice, fresh fruit, dried fruits.

Lunch - Rather than take a prolonged break for a midday meal (involving unpacking, preparation, clean up and repacking), a quicker strategy is to graze on a series of modest energy-boosting snacks throughout the day. **Popular choices:** Biltong (Jerky), dried fruit, buns/bread/provita, energy bars and nuts.

Dinner - This is your reward for a day of exertion. Most weary backpackers, though, opt for the just-add-boiling-water convenience of pre-packaged freeze-dried or dehydrated meals, or simple dishes such as pasta. **Popular choices:** Packaged meals, pasta, instant rice, 2min noodles, instant soups and sauces, instant potatoes and tuna. Consider bringing along some favourite spices (onion and garlic powder, basil, oregano).

What KHHT hikers say worked well for them hiking on our trails:

Barry Coetzee says: Breakfast: Sachets of Oatso-Easy (don't need milk, just hot water), or rusks with a good mug of coffee or a cappuccino (sachet, again no milk or sugar needed depending on taste), or Future Life sachets. Tea break nibbles: peanuts & raisins, biltong, cheese and provita, dried fruit, Trail mix. Lunch: Sachets of John West tuna with provita, or Cuppa Soup, or 2-minute noodles. Depends on your taste, but remember you will carry these goodies between breakfast and getting to the next stop-over. Lekker!

Olive Florence Smith says: We had rusks and coffee for breakfast at the camp - did a brekkie stop with hard boiled eggs, nuts, provitas and biltong. Lunch was provitas with cheese wedges or tuna packets once again with nuts biltong and some sweets.

Bets KrÜgel Havelaar says: We dry mince...enjoy in the afternoons after a hard day of hiking with mash oir 2 min noodles...a Winner 😊

How to dry mince: <https://www.thesodacanstove.com/trail-foods/dehydrated-ground-beef/index.php>

Any better suggestions 😊 – let us know: info@hikenamibia.com