

OCCASIONALLY OUTDOORS • BACKCOUNTRY PROVISIONS

BACKCOUNTRY MEAL & NUTRITION PLANNER

Calculate caloric needs, plan daily menu breakdowns, and manage pack weight efficiency.

 CALORIC & PACK WEIGHT GUIDELINES

Target Energy: Aim for 2,800 – 4,500 kcal/day per person depending on terrain, pack weight, and temperature.

Caloric Density Standard: Aim for an average of **100–125 kcal per ounce (3.5–4.4 kcal/g)** to minimize food weight. Focus on fats, dehydrated/freeze-dried meals, nuts, and seed oils.

1. TRIP OVERVIEW & TARGETS

TRIP NAME / LOCATION	GROUP SIZE (# PEOPLE)
TOTAL TRIP DURATION (DAYS / NIGHTS)	TARGET CALORIES / DAY / PERSON
SPECIAL DIETARY NEEDS / ALLERGIES	

2. COOK SYSTEM & WATER LOGISTICS

STOVE TYPE (CANISTER / LIQUID / WOOD / NO-COOK)
ESTIMATED FUEL CAPACITY / CANISTERS NEEDED
WATER FILTRATION / TREATMENT METHOD

3. DAILY MEAL & CALORIE BREAKDOWN PLAN

DAY	BREAKFAST	LUNCH / TRAIL FOOD	DINNER / MAIN MEAL	SNACKS / HIGH-FAT FUEL	EST. TOTAL KCAL
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					

4. EMERGENCY PROVISIONS & EXTRA RATIONS

☐ +1 Day Emergency Ration (High Density)
☐ Electrolyte Packets / Hydration Mixes
☐ Extra Cooking Fuel Cushion (20–25%)
☐ Bear Canister / Sack & Hanging Line

5. FOOD WEIGHT & SUMMARY CHECK

TOTAL FOOD PACK WEIGHT (LBS / KG)
AVERAGE WEIGHT PER PERSON / DAY
FOOD STORAGE METHOD (CANISTER / URSACK / HANG)