

SoloTripping.com

The Solo Trippers Online Community

This is a sample list. Your supplies should depend on where you're traveling and the duration of your trip. Always ensure you have an extra day or two's food in case you spend an extra night in the bush

- Dehydrated meals
- Oatmeal
- Raisins
- Brown sugar
- Mixed nuts (walnuts, pecans, peanuts)
- Dried fruit
- Banana & apples (first few days of trip)
- Cereal Bars
- Granola Bar
- Coffee
- Tea
- Juice crystals
- Bannock or bread (fresh, baked night before)
- Cheese (ages cheese can last for weeks)
- Lunch meats (vacuum sealed, will last indefinitely)
- Peanut butter
- Tuna (the new flavored tuna is great)
- Wraps/tortillas
- Whole wheat pasta
- Kraft dinner
- Rice
- Bouillon cubes (salt is great for dehydration)
- Onions
- Spice kit (dehydrated chili, basil, oregano, garlic powder, thyme, salt & pepper)
- Dehydrated vegetables (peas, carrots etc..)
- Yeast
- Baking powder
- Olive oil
- Hot sauce
- Brown sugar
- Textured vegetable protein (TVP)
- Sardines
- Instant soups
- Flour
- Tea
- Trail mix