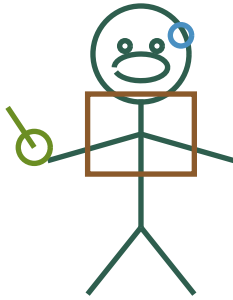


Trail Nutrition Checklist

Eat snacks. Drink water. Avoid becoming a hangry woodland creature.



Good trail nutrition isn't about perfection. It's about giving your body what it needs so the hike stays fun and everyone stays friendly.

Before you set off

- Eat something before starting
- Pack more snacks than you think you'll need
- Choose food you'll still want when tired and grumpy

On the trail

- Snack little and often
- Drink regularly (before thirst kicks in)
- Add salty snacks or electrolytes on longer hikes

Match fuel to the hike

- Short hike: light snacks + water
- Medium hike: steady carbs + some protein
- Long hike: a plan, proper fuel, and backup snacks

If energy drops, your body is probably asking for food or water — not a motivational speech.

The goal isn't just to finish the hike. It's to take care of the body that's getting you there.