

Calculating Caloric Needs

Accounting for adequate caloric intake can help ensure you and your trip members have enough energy for paddling trips. You can never be exact on this, since weather, intensity of days, physical state, etc. all impact this. Below are some general tips:

- Estimate your daily calorie burn based on your specifics. [Mayo Clinic](#) has a calorie counter to estimate this. You can then further adjust this by estimating your activity level. For example, strenuous paddling may require a range of 4,000-5,000 calories per person per day [1][3].
- One strategy is to package each meal and snack with a target calorie count in mind. If using a 'Pantry Style' of large bags of food, make sure to have an estimated calorie count for potential meals. Otherwise, that could lead to overeating early in the trip [5].
- Bring high-calorie, nutrient-dense foods like nuts, nut butters, dried fruit, granola, and energy bars to meet your calorie needs in a compact form. These may be used as snacks throughout the day[1][4].

Sample Meal Plan with Calories

Here's a sample 1-day meal plan with approximate calories per item:

Breakfast:

- Oatmeal with dried fruit (400 cal)
- Peanut butter (200 cal)
- Granola bar (150 cal)

Lunch:

- Tortilla with cheese and salami (300 cal)
- Trail mix (250 cal)
- Dried mango (100 cal)

Dinner:

- Dehydrated chili with tortilla chips (500 cal)
- Olive oil (100 cal)
- Chocolate bar (250 cal)

Snacks:

- Cliff bar (250 cal)
- Beef jerky (150 cal)
- Cashews (300 cal)

Total: Approximately 3,000 calories

This sample meal plan provides a good balance of carbs, protein and fat from a variety of shelf-stable foods. Adjust portions based on your specific calorie needs. Bringing extra snacks is also recommended in case of extra exertion or lost/damaged food[3][4].

By planning meals with target calorie counts and packing high-calorie foods, you can ensure you have enough energy to power through long paddling days. Regularly refueling with snacks is also key to maintaining energy levels[1][3].

Written with assistance by [Perplexity AI](#)

Citations:

[1] <https://paddling.com/learn/fresh-food-for-the-long-haul>

[2] <https://www.chuonthis.ca/backcountry-canoe-camping-meal-planning/>

[3] <https://www.mountaineers.org/blog/happy-meals-happy-paddling>

[4]

<https://www.outdoorrecreationnw.blog/post/2018/03/02/planning-meals-for-multi-day-paddling-trips>

[5] https://www.reddit.com/r/canoecamping/comments/m1pyvh/food_for_weeks/

[6] <https://in4adventure.com/canoe-camping-trip-meal-planning/>

[7] <https://www.friends-bwca.org/boundary-waters-meal-plans/>

[8] https://www.reddit.com/r/Kayaking/comments/1201gyf/food_for_multi_day_trips/