

Supermarket Backpacking Foods

Pasta/Rice

- Kraft noodles and Cheese
 - Fettucini Alfredo
 - Cheddar Broccoli
- Lipton's Noodles and Sauce
 - Butter Noodles
 - Sour Cream and Chives
 - Cream Garlic
 - Alfredo
 - Stroganoff
 - Parmesan
- Macaroni & Cheese
- Rice a Roni
- Lipton's Flavored Rices
 - Spanish
 - Cheddar & Broccoli
 - Chicken
- Long-grained white Rice
- Wild Rice
- Hamburger Helper

Sauce Packets

- Brown Gravy
- Chicken Gravy
- Mushroom Gravy
- Hollandaise
- Taco
- Teriyaki, etc.

Meats

- Precooked Bacon or Sausage
- Summer Sausages
- Cold Cuts (first day lunch)
- Hotdogs
- Beef Jerky
- Frozen Chicken Breasts(first day dinner)

Fruits

- Apples
- Dried fruits (any kind)
- Fruit packages(fruit cocktail/Peaches etc.)

Cooking Aides

- Aluminum foil (Folded)
- Freezer bags for boiling food
- Small garbage bag for cleanup

Soups

- Lipton Cup-a-Soups
- Top Ramen

Vegetables

- Frozen Corn
- Frozen Peas
- Frozen Green Beans
- Fresh Broccoli
- Instant Potatoes

Breads

- Bagels
- Tortillas
- Marie Calender Corn Bread Mix
- French Rolls
- Bisquick biscuits
- Pancake mixes

Canned Meats

- Chicken
- Mexican Chicken
- Tuna
- Beef
- Corned Beef
- Spam

Desserts

- Anything by Hostess
- Fresh Fruit
- Small Pies

Drinks

- Cocoa
- Tang in zip top bag
- Tea
- Powdered milk
- Juice boxes

Condiments

- Ketchup mustard and relish packets
- Salt and pepper packets
- Juice boxes
- Taco Bell sauces
- Syrup packets
- Cream Cheese