

Hiking Snacks

Snacks that are perfect for eating on-the-go!

1

GRANOLA BARS

- Granola bars are a great source of carbs, and possibly protein. This will give you a bit of energy when you need a boost.
- Granola bars come in so many different flavors that there is always something to satisfy your cravings!

2

CHEESE STICKS

- Cheese Sticks, Baby Bel, or other cheese snacks are a good source of calcium and fats and will help fill your hunger urges on the trail.
- Cheese can also be a great compliment to fruits like grapes or berries!

3

VEGGIE STICKS

- Vegetables are a great source of vitamins and minerals to help keep you going!
- Carrot sticks, cucumbers, celery sticks, and peppers are also a great source of water to keep you hydrated while you are out exercising!



Don't Forget:

Do Not Litter

Take any garbage with you and dispose of it properly. Not all trails have garbage cans so prepare to keep your garbage with you the whole hike.

4

SINGLE SERVE BAGS

- An easy snack to pack are prepackaged bags (or even snack bags you make yourself). Chips, popcorn, or trail mix are a great lightweight snack to carry around while you hike!
- If you get a variety pack you have an assortment of snacks to chose from.

5

BERRIES

- Berries are a great source of vitamins and minerals. They will offer you something sweet on the trail without added sugars.
- Don't eat berries you find on the trail. There are too many poisonous berries in NJ. Only eat berries you bring from home!

6

JERKY

- Jerky is a great source of protein and fats. This will give you an energy boost and keep you fuller for longer.
- There are so many types of jerky available too! Meat and mushrooms are the most common but you can dehydrate anything into a jerky!

Keep It Cool

Don't let food spoil. Bring a cooler to keep cold items cold. You can also keep your sunscreen in the cooler as well so when you reapply it has a nice cooling effect.

Stay Comfortable

Try to keep your snacks light weight. You want to be as comfortable as possible when hiking.

WATER

No matter what snacks you bring, make sure you bring enough water!