Winter Hiking Nutrition





The Good News

 Hiking in the cold burns an extra 2,000 to 4,000 calories per day

2000 to 4000 more calories than summer

Total calories needed 4000 to 7000 per day.

Factors in Energy Requirements

- Varies with body weight, pack weight & terrain (elevation, breaking trail)
- Need to keep calories coming to generate heat & keep energy available.
- Calories help to warm & humidify air as breathe.
- Generally less sweating in winter.
- Generally less shivering as moving.

Winter Challenges

- Increasing calories without increasing weight and bulk
- Increasing calories w/o having to stop for long periods.
- Keeping food from freezing
- Keep Grazing (keep foods accessible)avoid "bonking"!



Increased Calories

- Need variety
 - Simple carbs (for quick bursts/ "pick up")
 - Complex carbs
 - Fats (for endurance)
 - Proteins (endurance)

Higher fat Content= more calories

Eat PROAVTIVELY!!

Freezing

 Break up solids – chocolate, cheese, cut up meats, cut up sandwiches

 Avoid foods that get hard – granola bars, dried fruits, snickers

Freezing

- Keep some foods close for easy access
 - Inner pockets
 - Feed bag

Bury other foods deep in your pack to keep warm

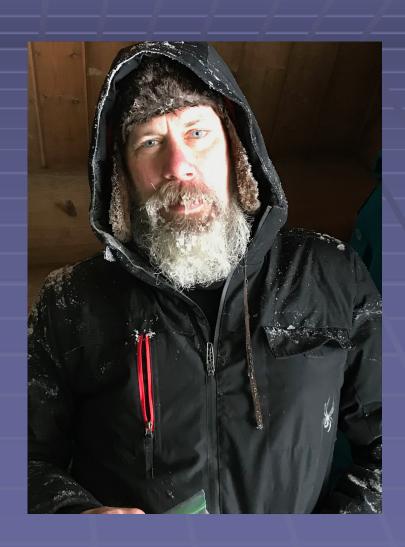
Food Suggestions

- Slim Jims
- Sausage and Pepperoni
- Cubed cheese
- Salted nuts
- Granola
- Meal bars
- Chocolate bars/ candy

Warm Liquids-Tea, hot chocolate, soup

Before & After??





- THANK YOU!
- SEE YOU ON THE TRAILS!