

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 PROACTIVELY!!

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!