

# Gluten-free Hiking & Backpacking Snacks and Meals

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## Breakfast Ideas

- Oatmeal w/ [GF oats](#), [chia seeds](#), [hemp hearts](#), [coconut milk powder](#)
- [Skip the Sugar Crash Trail Smoothie](#)
- Bars (see below)

## Gluten Free Snack/Lunch Ideas

- **Bars:** [GreenBelly](#), [GoMacro](#), [Kind Bars](#), [Picky Bars](#), [Lara Bars](#), [RxBars](#), Trail Nuggets, [Taos Bakes](#), [ProBar meals](#) and [Base protein bars](#), [Kate's Real Food Bars](#)
- Tuna/Chicken packets
- Jerky/Meat Bars like [Wild Zora bars](#), [Mighty Beef Sticks](#), [Chomps](#), or [Tanka](#)
- Summer sausage
- Nut butters like Trail Butter, Justin's Nut Butter, Rx Nut Butter, Yum Butter, 88 Acres Seed Butter, Barney Butter... or just get a 16oz plastic jar of whatever's local (avoid added seed oils if possible)
- Vegan jerkies (Louisville, Jack and Friends)
- [Quinn Snacks](#) Pretzels (some grain free, some filled with almond butter!)
- Jackson's Honest tortilla chips, sweet potato chips (some grain free, made without inflammatory seed oils)
- [Mary's Gone Crackers](#)
- Rice crackers
- Nut crackers like [Blue Diamond](#)
- Dried fruit, banana chips (Trader Joes or Natural Grocers are good options for this stuff)

- Nut and Seeds such as almonds, walnuts, macadamia nuts, sunflower seeds, etc.
- Home-made trail mixes w/ dried fruit, nuts, seeds, coconut flakes, etc.
- Dark Chocolate
- [Moon Cheese](#) or [Cheddar Whisps](#)
- Store bought trail mixes like [Gorilly Goods](#)
- [Homemade paleo granola](#) or something like [Supernola](#)
- Fruit leather or fruit bars, like [Pure Bar](#)
- [Seaweed Snacks](#)

## Dinner

My approach to dinner is to start with a protein (meat or beans), add a carbohydrate (beans, noodles, rice, etc), add healthy fat (olive oil or coconut oil), add veggies, add spices.

- Instant hummus
- Instant black beans, refried beans
- Dehydrated veggies
- Rice noodles, like Lotus Foods
- Coconut wraps
- Corn tortillas
- Instant quinoa
- Minute Instant rice
- Freeze dried meats

## Additional Gluten Free Ingredients

- Protein powders: collagen or plant-based
- Cheese powder
- Whole milk powder
- Butter powder
- Coconut milk powder
- Olive oil packets
- Coconut oil packets
- Mustard packets

- Hot sauce packets
- GF tamari packets
- Avocado mayo packets

## Drinks

- Instant coffee
- Instant tea (I like [Cusa](#))
- Electrolytes: EmergenC, Nuun, Replenisher, LMNT, Bumble Roots
- Treehouse drinking chocolate

## Pre-packaged Options for Gluten Free Hikers

- Food for the Sole
- Heather's Choice
- Outdoor Herbivore
- Patagonia Provisions
- Fresh Off the Grid
- Next Mile Meals
- Wild Zora
- FirePot
- Mary Jane's
- Good-to-Go
- Nomad Nutrition