



HEALTHY HIKING (OR CAMPING/ROADTRIP) SNACK IDEAS

Protein & Energy-Focused

- Hard-boiled eggs: Great protein, travel well with a cooler, or for a short hike on cool days
- Jerky: Look for low-sodium, nitrate-free, minimally processed
- Tuna: canned or in pouch
- Roasted chickpeas: Crunchy, protein-rich, easy to season yourself
- Homemade energy balls: Use dates, nut butter, oats, chia, nuts, dark chocolate
- DIY trail mix: nuts, seeds, unsweetened coconut, dried fruit (not too much, to keep sugar low)
- Pumpkin seeds (pepitas): Mineral-rich and filling.
- Nut butter packets: Almond or peanut butter with no added sugar or oils.
- Lentil or chickpea chips: Look for baked versions with short/clean ingredient lists.

Fruits & Veggies

- Apple slices: sprinkle with cinnamon (and lemon to avoid browning)
- Bananas – Nature's ready-to-go energy booster.
- Carrot sticks: Crunchy, hydrating, and refreshing.
- Celery sticks: they go great with nut butter.
- Dehydrated fruits or veggies: for example, kale or beet chips (homemade or clean brands)
- Dried mango: Naturally sweet and energizing. Just make sure it has no added sugar
- Dates: High in carbs for long hikes
- Cherry tomatoes: Pack in containers to prevent squishing.

Grains & Carbs

- Homemade granola: Oats, nuts, seeds, and a bit of honey.
- Rice cakes: Top with nut butter
- Whole-grain mini muffins: Made with minimal sugar, banana or zucchini are great
- Overnight oats: put chia seeds, fruit, and almond milk in a jar
- Homemade: Homemade popped in coconut or olive oil with sea salt.

Fats & Sustained Energy

- Avocado: Cut open one, and sprinkle with sea salt or lime anywhere!
- Coconut chips: Healthy fat and natural sweetness. Make sure it's unsweetened
- Olives: High in good fats and sodium (electrolytes).
- Dark chocolate: Antioxidants and a little indulgence for energy. Make sure it's 85%+ cacao

