



Plan:

- What are some of your favourite trail snacks? How can you put a fun new spin on one of them?
- When are you going hiking? When will your group prepare its snack?
- Where will you get your ingredients?
- What kind of outing are you going on? Are you snowshoeing? Hiking above the treeline? What kind of weather do you expect? How will this affect what you prepare?

Do:

- Enjoy your snacks on a hike.

Review:

- What do you know now that you did not know before?
- What was your favourite snack and why?
- How did the hike you planned affect what snack you made?
- What would you do differently next time?
- How can you build on this experience?

Safety note:

Does anyone in your Patrol have a food allergy? Nuts are a popular trail snack, but they're also an increasingly common allergy. How can you make sure that whatever snacks you make are safe for everyone to enjoy?

Online Resources:

- [Hudson Bay Bread](#)
- [The Best Foods for Quick Energy](#)
- [Burger Jerky](#)

Canadianpath.ca

Best Trail Snacks in the World

MACKENZIE RIVER
Environment & Outdoors



The Adventure:

Make some amazing trail snacks and bring them along on a hike. If your Patrol breaks up into pairs or small groups to prepare different snacks, you'll be able to sample a few tasty creations. Sweet, savoury, sour or spicy—why not all of them at once?

Come up with snacks that are easy to carry and even easier to scarf down. Your snacks should also have plenty of calories. When you're hungry on a hike, it's probably because you need a bit of a boost.

So, what do you crave on a hike?



S-11



It starts with Scouts.



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