

LOW FODMAP HIKING ESSENTIALS

BREAKFAST

- POWDERED EGGS
- GRANOLA/MUESLI
- PORRIDGE
- HOT DRINKS

DINNER

- INSTANT POTATOES/RICE
- RICE NOODLES/GF PASTA
- LO-FO PACKAGED SAUCES
- PLAIN CANNED TUNA/SALMON CHICKEN
- DEHYDRATED MEALS
- WINE/WHISKEY
- LO-FO STOCK POWDER
- MAYO, KETCHUP, SALAD DRESSING PACKETS

OTHER

- LACTASE TABLETS

SNACKS/LUNCH

- LO-FO TRAIL MIX
- MUESLI/GRANOLA BARS
- JERKY
- FRUIT (ORANGES, BANANA)
- DARK CHOCOLATE
- BANANA CHIPS, PRETZELS
- NUT BUTTER

WEATHER DEPENDENT

- HARD CHEESES
- SALAMI (NO ONION OR GARLIC)