



AN INTERNAL MEMO FROM THE NATIONAL SPARKS DEPARTMENT, OFFICE OF HUMANS' RESOURCES

Snacks To Avoid

Everyone knows granola bars are the perfect snack to bring on a hike, but we know they can be dry and boring. So to help you, we've made a list of the best and worst snacks to toss in your fanny pack.

Avoid: Steak

Raw, too much work building a fire, seasoning, and cooking. Even if it's already cooked it's a bad idea - you'll get your Swiss Army knife messy trying to cut that sucker. Opt for: a bag of beef jerky instead. This takes the work out and gives your mouth a work-out.

Avoid: Chocolate Lava Cake

Look, it's hard to say no to a dessert. But trust me: bringing a chocolate lava cake on a hike is not a good decision. It'll get squished in your bag and totally ruin the best part of a chocolate lava cake: that part where you use your fork to open it up, and the chocolate sauce pours out onto the plate, and everyone goes "wow!" That's an amazing moment but it won't work the way you think it will.

Instead, bring a banana. They're one of the sweetest fruits and a fun fact: they have a natural skin that protects the delicious flesh inside. Yum.

Avoid: Pasta Carbonara

I know what you're thinking: "Hey! I thought carbohydrates are good energy for a hike!?" And you're right - but those carbs should be consumed the night before. A spaghetti carbonara is a great dinner prior to your Monday excursion but to bring a container of spaghetti that's sitting in a bacon, parmesan, egg, and garlic sauce on a hot hike is a bad idea.

Alternatively: Beef jerky or a banana. We can't express enough how solid these two choices are.

