

# JOHN MUIR TRAIL FOOD SHOPPING LIST

20 days of food for 1 person (this includes extra days just in case!)

## TRADER JOE'S

- 2 boxes instant coffee packets
- 1 box instant oatmeal - maple & brown sugar
- 1 box instant oatmeal - apple & cinnamon
- 1 bag chia seeds
- 2 packs New Zealand sweet dried apple rings
- 2 packs dried cranberries
- 3 packs dried mango
- 1 pack candied walnuts
- 6 fruit bars
- 10 packets of olives
- 1 bag trail mix (almonds, cashews, cranberries)
- 1 bag trail mix (almonds, cashews, chocolate)
- 10 protein bars (mix of Cliff, Kind, One, Rx, Luna, Quest)
- 2 packs ginger chews

## RALPH'S

- 6 Bobo's oat bars
- 3 packs of Mission low carb tortillas
- 1 box Ritz crackers
- 10 Starkist tuna packets (mix of flavors)
- 10 Justin's peanut butter packets (mix of regular, honey, and almond butter)
- 10 mustard and mayo packets (from fresh produce section)

## REI

- 2 tubes of Nuun sport electrolyte tablets
- 10 Backpacker Pantry freeze-dried dinners (2 servings each)

## OTHER

- 1 bag Costco turkey jerky
- 1 box Spread Delights chocolate hazelnut spread (Amazon)

**HAVE FUN, STAY SAFE, & FOLLOW THE  
LEAVE NO TRACE GUIDELINES!**