Food Packing Tips

Appendix B1

Ziploc Bag Sizes

Sizes Available	Snack (1 cup)	Sandwich		1 pint	1 quart	½ gallon	1 gallon	2 gallon
		Reg (3 cup)	XL (3 ½ cup)					
Freezer bag				X	X		X	X
Freezer bag w/ slider					X		X	
Food storage	X	X	X		X	X	X	
Storage bag w/ slider					X		X	

Ziploc Bag Tips

Zip'n Steam bags	Designed only for use in the microwave. Not for use for boiling.
Cooking with Ziploc	Ziploc bags are <u>not</u> designed to withstand the extreme heat of boiling.
Before closing	Burp air excess air from bag
Double bag	Double bag drink powders and foods like peanut butter.
Outer Bag	The thicker wall of freezer bag will resist the rigors of backpacking better.

Food Packing Tips

Appendix B2

Breads

Tortillas and Pita bread	When repacking tortillas, or pita bread, handle with clean cotton, or plastic, gloves. This will reduce the chance for moldy bread on the trail!
Sliced Bread	Does not survive being backpacked. Use tortillas, pita bread, or English muffins instead.