



FUELING FOR HIKING

If you eat consistently nutrient-dense and whole foods, you're on the right track to feeling your best on the trail. **What you eat daily will have as much impact as what you eat on the trail.** Start with high-quality protein sources (organic, grass-fed beef and bison, game meats, organic poultry, wild-caught fish, pastured eggs, legumes, fermented dairy). Next, be sure you're eating a great variety of vegetables; think about "[Eating-The-Rainbow](#)" every time you are selecting food. Then, fill in your diet with low-glycemic load carbohydrates and healthy fats. Your macronutrient ratio will be very individualized—and that's how it should be! If you need help balancing your daily diet leading into training, [reach out to Kate](#) for a personal nutrition consultation.



On a longer hike, it is very important to plan ahead with food to avoid the dreaded "**BONK**". You will use up your glycogen stores, and your muscles will be happy for the extra burst from carbohydrates, fats, and proteins.

A 14er is a unique experience in that the high-altitude environment can cause symptoms (nausea, headache) that diminish your appetite. However, **if you stay on top of your hydration and calorie intake, you will be less likely to hit that point.**

Regular snacking, in smaller portions, makes this more tolerable. Keep handheld snacks like trail mix, fruit snacks, or energy bites available for grazing.

Pikes Peak is the only 14er with a donut shop on top



OUR GO-TO HIKING SNACKS:

- Jerky
- Dried Fruit
- Bars
- Trail Mix
- Nut Butter
- Vegetable Chips

Reading labels and checking ingredients is very important for any packaged snacks. For brand recommendations, make-your-own recipes, and tips [Read Kate's Blog Post about Hiking Snacks!](#)



Backpack aka Snackpack

