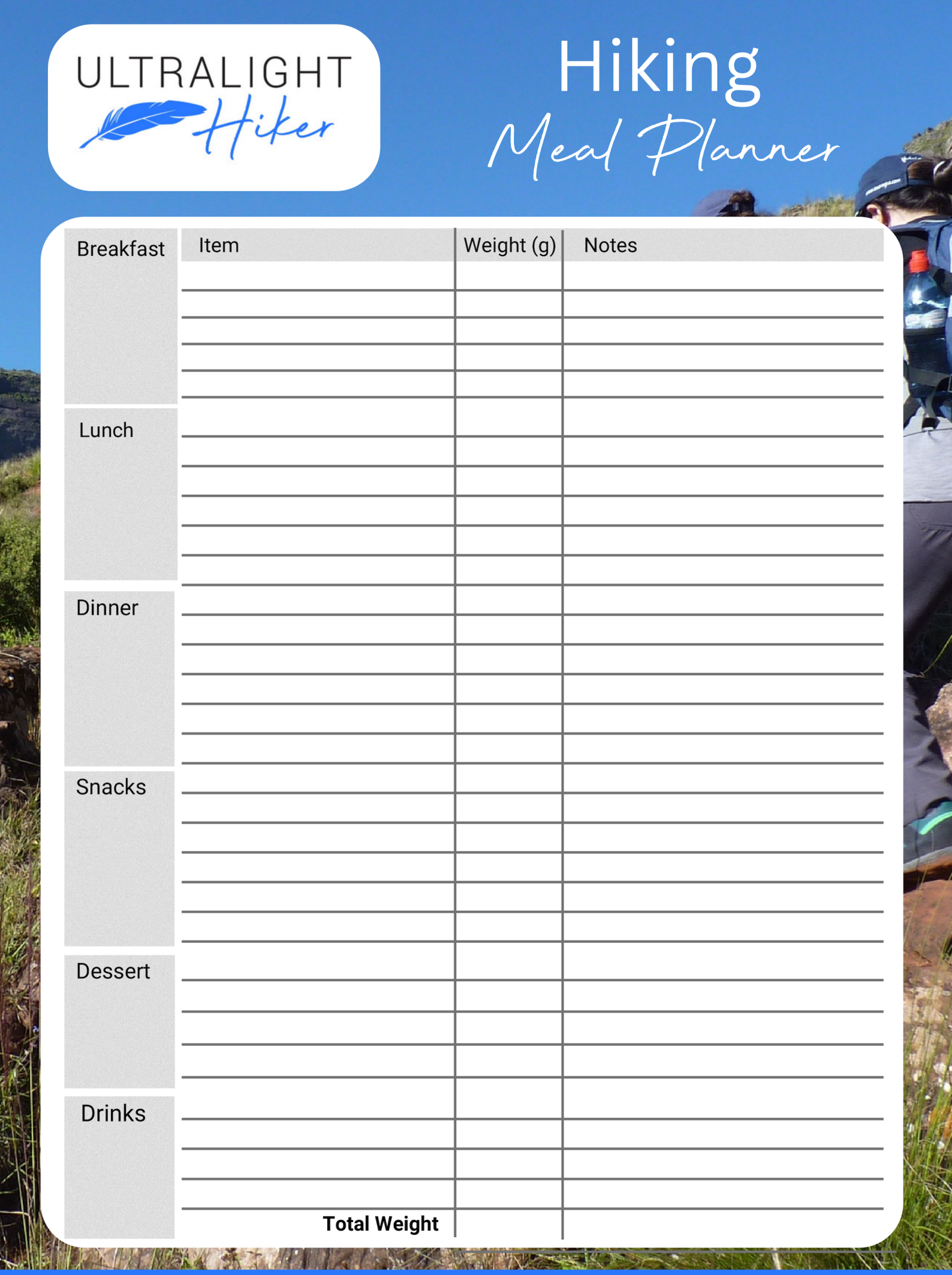
ULTRALIGHT Hiker

# Hiking Meal Planner



| | Item | Weight (g) | Notes |
|---|---|---|---|
| Breakfast | | | |
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| | | | |
| | | | |
| Lunch | | | |
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| | | | |
| Dinner | | | |
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| | | | |
| Snacks | | | |
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| | | | |
| Dessert | | | |
| | | | |
| | | | |
| | | | |
| Drinks | | | |
| | | | |
| | | | |
| | **Total Weight** | | |