

Favorite Snacks:

Jennifer Stoneking-Stewart, aka “Mary Poppins”

900 Miler x1, expert in hiking and camping with children, logistics guru, nature nerd, history geek

Facebook (Jennifer Stoneking-Stewart) and Instagram (@JenLSS)

- Reese’s peanut butter cups or another nut/chocolate candy bar. We bring “fun size.”
- Peanut M&Ms or any type of chocolate covered nut
- Sour Patch Kids, my daughter loves the blue and my son loves the yellow
- Hi-Chews, they especially love the sour ones
- Nutella with pretzels or breadsticks
- Applesauce pouches, apple cinnamon or apple banana especially loved
- Lara Bars (chocolate chip peanut butter) and Clif Bars (white chocolate macadamia nut)
- Gummy anything, especially gummy worms
- Meat and cheese sticks, like Jack Links or Slim Jim
- Freeze dried fruits, like strawberries and bananas, or better yet the ones dipped in chocolate
- Fruit leathers, like the ones found at Aldi or Trader Joes
- Pringles, pretzels, and goldfish, something with a little crunch and salt
- Dried fruits, like pineapple and mango (we will make a trail mix with them)
- Cucumbers, red pepper slices, baby carrots, and hummus
- Apples and mandarin oranges as they pack well

Full disclosure, with kids the more carbohydrates the better because they are usually taking twice as many steps as an adult. A hungry, tired kid is a recipe for disaster on the trail.