

Calorie Calculator

Just how much food should you carry for a trip or how many calories did you burn on that hike? One of the fantastic perks about backpacking is that you have a free license to eat almost anything you want. The key word is almost. The number of calories you actually burn in the backcountry depends on many factors – distance, elevation gain, temperature, pack weight, and so forth. Use the formulas below to calculate roughly how many calories you'll need each day to make sure you're getting just the right amount. Calculating the low end of calories used per day along with the high end gives you the range of calories typically burned under those conditions. This can help you avoid carrying unnecessary food weight.

Less active (rest day)

Body weight (lbs.) x 13.5 calories per pound = low end of calories used per day

Body weight (lbs.) x 15 calories per pound = high end of calories used per day

Moderately active (60 minutes of easy day hiking or climbing with no pack)

Body weight (lbs.) x 16 calories per pound = low end of calories used per day

Body weight (lbs.) x 20 calories per pound = high end of calories used per day

Very active (60 to 120 minutes of hiking or climbing that involves hills and carrying a pack)

Body weight (lbs.) x 21 calories per pound = low end of calories used per day

Body weight (lbs.) x 25 calories per pound = high end of calories used per day

Extremely Active (long strenuous day of hiking or climbing with a heavy pack)

Body weight (lbs.) x 25 calories per pound = low end of calories used per day

Body weight (lbs.) x 30 calories per pound = high end of calories used per day