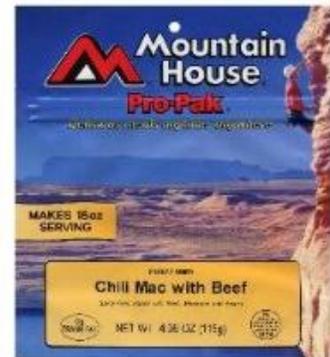


Prepackaged Dehydrated Meals vs. Home Dehydrated Meals

When planning your own high adventure trip to a wilderness area, the three major expenses are usually airfare, van rental, and food. With the first two, you are limited on how much you can save. By checking different rental agencies and airlines and adjusting your departure dates you can save some money. However, you can guarantee immediate and substantial saving in the cost of food by dehydrating your own meals.



Chicken Teriyaki w/Rice \$6.49



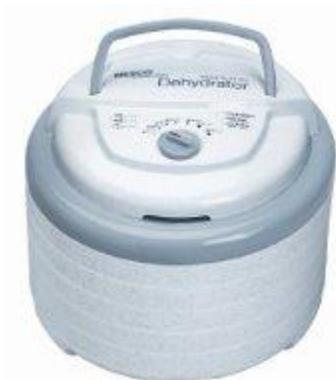
Chili Mac w/Beef \$7.49



Sweet & Sour Pork w/Rice \$7.49



Beef Stew \$7.04



Nesco 600-Watt Food Dehydrator \$59.98

Shorten the total time needed to dehydrate by one third by adding the following extras:
Nesco LT-2SG Add-A-Tray, Set of 2, \$14.14
Nesco LSS-2-6 Fruit Roll Sheets, Set of 2, \$7.40
Nesco LM-2-6 Clean-A-Screen Tray, Set of 2, \$5.55
(Additional Clean-A Screen Trays can shorten your total dehydrating time even more)
(All of the above prices were obtained from Amazon.com)

At \$7 per meal average for a commercial dehydrated meal, that comes out to at least \$84 for one dinner (not counting dessert) for a crew of 12. This is assuming that one package which averages 600 calories is enough for an individual (backpackers will burn somewhere between 3500 to more than 5000 calories per day depending upon their size). If you are on the trail for 7 days (6 nights) the total cost for all 6 dinners is a minimum of \$504. By dehydrating your own meals and purchasing additional ingredients at a local grocery store, you can easily cut this cost by more than two thirds. For under \$60 you can obtain everything you need to begin the process of dehydration. In other words, after just two evening meals you will have saved more than enough money to pay for the dehydrator and add-ons. Additional savings for the rest of the meals reduce the cost of the trip for everyone. The savings are even more in subsequent years because you have already purchased the equipment. We estimate that we save our Scouts somewhere around \$50 each on the cost of a high adventure trip by preparing all of our own meals.

Dehydrating your own food also gives you greater flexibility in your menu. No longer are you limited in the choice of meals to those offered by commercial companies. You will also realize some efficiency in packaging. Imagine 12 empty packets after a meal is over versus two or three Ziploc baggies. Frankly, our Scouts will testify that the meals we prepare in the backcountry are very satisfying, filling, and taste great. We really do eat better than the average backpacker for a lot less.