



Cereal bars



Malt loaf



Dried fruit, nuts, pulses



Mini popcorn bags



Porridge sachets



Instant meals



Consider packing snacks that you will require when away. Some good options could be:



Nut butters



Crackers



Ready to eat grains



Expedition meals

[firepot - Base Camp Food](#)

In the EU you are not allowed bring in meat, milk or products containing them so it is likely the same restrictions will apply elsewhere. In some countries you also cannot take in fresh or dried fruit. If need be declare what you have and be prepared for it to be taken off you.

<https://sportkitchen.com/> (only savoury options as other meals have added non batch tested protein sources)

Fluid

Remember to pack a water bottle in your hand luggage as you should be able to fill it up at the airport.



Consider packing some concentrate diluting if it will increase the amount you drink and ensure you stay hydrated

Consider packing tea/coffee/nesquik etc so you don't have to find it once out there!

