



Rec'd 5/19/92
Total - 261-5
Shelf - 267
counted - 5/19/92

FOOD

Last invoice - 24027
Acct # 34-050-6490-
922

Makes the Difference #8

Trail-Ride Rations
4-H Leader—Junior Leader Guide
4-H 1339L • Reprinted July 1992

Important idea

Planning, preparing, and packing balanced rations for the horse and rider are an important part of getting ready for the trail ride.

Advance planning

Decide how you will involve all the 4-H'ers in planning, buying, and packing the rations for a one-day or more trail ride.

Horse rations

Horse rations will vary depending upon availability of feed at various stops on the trip. If horses are to be tied at night then they should have access to hay and grain. If they are picketed and allowed to eat grass, then only a concentrate such as oats will have to be included in the pack.

Allow a minimum of 10 pounds of oats per day for each horse. Complete pelleted horse feeds

are also available and are suited to packing trips. If horses are allowed to rest and graze for an hour a few times during the day, less feed will have to be packed. Hobbles and a picket rope are essentials.

Equipment needed will be determined by the length and purpose of the pack trip. A checklist to be used as a guide follows:

Personal gear

first aid kit
pocket knife
camera
binoculars
matches
facial and toilet tissue
medicines, if regularly taken
thermos
gloves
flashlight
bedroll
extra clothing

Camp equipment

tent
tent poles, if needed
camp stove
shovel
axe
dish soap and hand soap
dish and hand towels
cooking pots
skillet
knives, forks, spoons
plates, bowls, cups
can opener
matches
candles
lantern

1. Using the Menu Plan on page 4, plan the menu well in advance.
2. Make a shopping list.
3. Buy the food.
4. Pack the food.



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Consider the following as you plan your menus:

Balance: Each daily menu should meet the Basic 4, 4-4-3-2 guide.

Amount: Carefully figure the amounts of each food to buy so each rider will get enough.

Keeping qualities: The food must keep well at daytime temperatures.

Canned and dried foods and some fresh fruits and vegetables, hard cheeses (cheddar, Swiss, American), hard-cooked eggs in the intact shell, and peanut butter keep well.

Bacon and ham prepared by today's methods do not keep well without refrigeration. (Country-cured, very salty products of yesteryear had good keeping qualities.)

Weight: If all the gear is to be carried on your horse, then including light weight foods—primarily dried foods—will be an important consideration.

Suggested Foods

(Add Other Foods)

Milk

Under 10 years of age: 3 glasses

Teenagers: 4 glasses

dried milk (1/3 cup =
1 cup fluid milk)

evaporated canned milk

hard cheeses

instant pudding

Fruits and Vegetables:

4 servings daily

(1 vitamin-C rich;

1 vitamin-A rich)

dried potatoes

fresh carrots, potatoes, onions,

winter squash, apples

canned vegetables and fruits

dried fruits

Breads and Cereals

4 servings daily

oatmeal

macaroni, spaghetti

bread

Meat

2 servings daily

canned meats

(bacon, ham, tuna, chicken,

liver, corned beef):

allow 2 to 4 ounces per serving

canned beans

canned or dried main dishes

eggs (fresh or powdered)

peanut butter

nuts

jerky

Extras

canned or dried soups

sugar

jam

syrup

powdered drinks*

salt and seasonings

catsup

mustard

margarine

**Some provide vitamins A and C, which are often lacking in camping rations.*

Sample Menus

Breakfast

instant oatmeal (mixed with

dried milk)—add boiling water

hard-cooked egg

hot powdered citrus drink

Lunch

soup

cheddar cheese

bread (2 slices)

apple

powdered drink

Dinner

stew

(canned meat and tomatoes,

carrots, potatoes)

bread

instant vanilla pudding

(add dried milk and water)

mixed with canned peaches

cookies

water or lemonade

Snacks

salted nuts

dried fruits



Prepared by Judith Forrest, former Extension food and nutrition specialist, Oregon State University.

Menu Plan

	<i>Saturday</i>	<i>Sunday</i>
<i>Breakfast</i>		
<i>Lunch</i>		
<i>Dinner</i>		
<i>Snacks</i>		
	<i>Monday</i>	<i>Tuesday</i>
<i>Breakfast</i>		
<i>Lunch</i>		
<i>Dinner</i>		
<i>Snacks</i>		
	<i>Wednesday</i>	<i>Thursday</i>
<i>Breakfast</i>		
<i>Lunch</i>		
<i>Dinner</i>		
<i>Snacks</i>		
	<i>Friday</i>	
<i>Breakfast</i>		
<i>Lunch</i>		
<i>Dinner</i>		
<i>Snacks</i>		

Shopping List

Food	Number of Times on Menu	Amount to Buy