

Calories Required Per Day (all sources, carbs, protein, fat)									Protein Required	
Body Weight (pounds)	Layover day/short paddle		Standard paddle/Spring/Fall Hike		Long Paddle & Rain/Cold		Winter Backpacking		grams per day	
	Lower	Upper	Lower	Upper	Lower	Upper	Lower	Upper	Lower	Upper
100	1350	1500	1600	2000	2100	2500	2500	3000	60	90
110	1485	1650	1760	2200	2310	2750	2750	3300	66	99
120	1620	1800	1920	2400	2520	3000	3000	3600	72	108
130	1755	1950	2080	2600	2730	3250	3250	3900	78	117
140	1890	2100	2240	2800	2940	3500	3500	4200	84	126
150	2025	2250	2400	3000	3150	3750	3750	4500	90	135
160	2160	2400	2560	3200	3360	4000	4000	4800	96	144
170	2295	2550	2720	3400	3570	4250	4250	5100	102	153
180	2430	2700	2880	3600	3780	4500	4500	5400	108	162
190	2565	2850	3040	3800	3990	4750	4750	5700	114	171
200	2700	3000	3200	4000	4200	5000	5000	6000	120	180
210	2835	3150	3360	4200	4410	5250	5250	6300	126	189
220	2970	3300	3520	4400	4620	5500	5500	6600	132	198
230	3105	3450	3680	4600	4830	5750	5750	6900	138	207
240	3240	3600	3840	4800	5040	6000	6000	7200	144	216
250	3375	3750	4000	5000	5250	6250	6250	7500	150	225
Approximate planned calories per day from fat(based on 25% to 35% of total calories)										
Body Weight (pounds)	Layover day/short paddle		Standard paddle day		Long Paddle & Rain/Cold		Winter Backpacking			
	Lower	Upper	Lower	Upper	Lower	Upper	Lower	Upper		
100	378	480	448	640	588	800	700	960	Red shows typical group BWC/W summer trek planning numbers for older Scout groups (6, age 15-18 males plus 3, age 35-55 males) Adjust if you have a crew of football players or a crew of jockeys, or a younger crew.	
110	415	528	492	704	646	880	770	1056		
120	453	576	537	768	705	960	840	1152		
130	491	624	582	832	764	1040	910	1248		
140	529	672	627	896	823	1120	980	1344		
150	567	720	672	960	882	1200	1050	1440	Standard paddle day is 6 hrs of loaded paddling & 5, 100 rod portages in 65 deg. calm, dry weather.	
160	604	768	716	1024	940	1280	1120	1536		
170	642	816	761	1088	999	1360	1190	1632		
180	680	864	806	1152	1058	1440	1260	1728		
190	718	912	851	1216	1117	1520	1330	1824		
200	756	960	896	1280	1176	1600	1400	1920	Weight est. is for dried foods supplemented with some packaged meats & cheese and allows for the water content of dried fruits, nuts, beans, grains, etc., and vacuum-packed into meal bags for durability & water resistance.	
210	793	1008	940	1344	1234	1680	1470	2016		
220	831	1056	985	1408	1293	1760	1540	2112		
230	869	1104	1030	1472	1352	1840	1610	2208		
240	907	1152	1075	1536	1411	1920	1680	2304		
250	945	1200	1120	1600	1470	2000	1750	2400	4) Look up the approximate weight of food required per-person, per-day to meet the calorie needs. This helps you plan pack weights. Note that these weights are based on dry foods with minimal packaging (ziplocks or vacuum seal). Canned or fresh foods will increase this weight. Handy reminder: For food alone... 4 calories = 1 gram of carbohydrate 4 calories = 1 gram of protein 9 calories = 1 gram of fat	
Body Weight (pounds)	Layover day/short paddle		Standard paddle day		Long Paddle & Rain/Cold		Winter Backpacking			
	Lower	Upper	Lower	Upper	Lower	Upper	Lower	Upper		
100	0.8	0.9	1.0	1.3	1.3	1.6	1.6	1.9		
110	0.9	1.0	1.1	1.4	1.5	1.7	1.7	2.1		
120	1.0	1.1	1.2	1.5	1.6	1.9	1.9	2.3		
130	1.1	1.2	1.3	1.6	1.7	2.0	2.0	2.5		
140	1.2	1.3	1.4	1.8	1.8	2.2	2.2	2.6		
150	1.3	1.4	1.5	1.9	2.0	2.4	2.4	2.8		
160	1.4	1.5	1.6	2.0	2.1	2.5	2.5	3.0		
170	1.4	1.6	1.7	2.1	2.2	2.7	2.7	3.2		
180	1.5	1.7	1.8	2.3	2.4	2.8	2.8	3.4		
190	1.6	1.8	1.9	2.4	2.5	3.0	3.0	3.6		
200	1.7	1.9	2.0	2.5	2.6	3.1	3.1	3.8		
210	1.8	2.0	2.1	2.6	2.8	3.3	3.3	4.0		
220	1.9	2.1	2.2	2.8	2.9	3.5	3.5	4.1		
230	2.0	2.2	2.3	2.9	3.0	3.6	3.6	4.3		
240	2.0	2.3	2.4	3.0	3.2	3.8	3.8	4.5		
250	2.1	2.4	2.5	3.1	3.3	3.9	3.9	4.7		

Revised to use lower calorie counts based on BWC/W 2009 trip experience. No "pad" is included in daily meals for ill-prepared food, etc.