BACKPACKING FOOD WEIGHT CHECK

Build the baseline

Write facts and sources before filling the main table. Do not guess at missing information.

Project or subject

Date or period

STEP 1 Use grams consistently and define what each food bag or segment includes.

STEP 2 Enter your own packing plan and the weight actually measured.

STEP 3 Record packaging assumptions and avoid counting the same food in multiple rows.

STEP 4 Which fact or document still needs checking?

BACKPACKING FOOD WEIGHT CHECK

Keep a dated record

Record what actually occurred. Reprint this page whenever you need more rows.

Reference period

Review date

RECORD OR REVIEW DATE	TRIP SEGMENT OR FOOD BAG	PERSON RESPONSIBLE	PLANNED FOOD WEIGHT (G)	WEIGHED FOOD (G)	WEIGHING SOURCE AND EXCLUDED ITEMS

Outstanding question or record to confirm

BACKPACKING FOOD WEIGHT CHECK

Make the next step happen

Each useful action has an owner, a date and a result that can be checked.

ACTION 1 Use grams consistently and define what each food bag or segment includes.

Concrete next action	Owner / due

ACTION 2 Enter your own packing plan and the weight actually measured.

Concrete next action	Owner / due

ACTION 3 Record packaging assumptions and avoid counting the same food in multiple rows.

Concrete next action	Owner / due

IMPORTANT CONTEXT

Food weight alone does not establish adequate nutrition, allergy suitability or trip safety. This desk does not recommend food quantities.

- [ ] Source checked
- [ ] Next action assigned