

## **The Nosebag**

What's a nosebag? Something that horses ate oats from while working all day. The bag hung over the nose and was secured by a strap over the neck. And something campers use for quick snacks for quick energy on the trail. The snacks are eaten slowly over a period of time. Dried Fruits, nuts, candies, and cereals provide both quick and slow burning fuels for the feet.

### **Hiker's Mix**

1/4 lb. seedless raisins  
1/4 lb. favorite cheese  
1/4 lb. sweet or semisweet chocolate  
1 apple

put in plastic bag and eat when needed

### **Birdseed**

Make as much as you want  
1 part sugar-coated cereal  
1 part candy-coated chocolate  
1 part roasted peanuts

Mix and munch when needed

### **Death Valley Special**

makes a lot.. you don't have to eat all at once..  
6 cups rolled oats  
2 cups chopped walnuts  
2 cups seedless raisins  
1/2 cup chopped pitted dates  
Package candy-coated chocolates

Toast rolled oats in oven preheated at 250 degrees F. Spread out oats and walnuts in a roasting pan. Bake 1 hour, mixing from time to time. Cool, and mix with raisins, chopped dates, and chocolates. Spoon quantity needed in self sealing plastic bags and store remainder in covered containers for future use.

### **Nuts and Bolts**

1/4 lb. raisins

1/4 lb. peanuts

1/4 lb. chocolate bits or Carob bits

Broken up graham crackers or Honey graham bits

Mix and put in self sealing plastic bags to carry

**Now remember to share with the other hikers.**