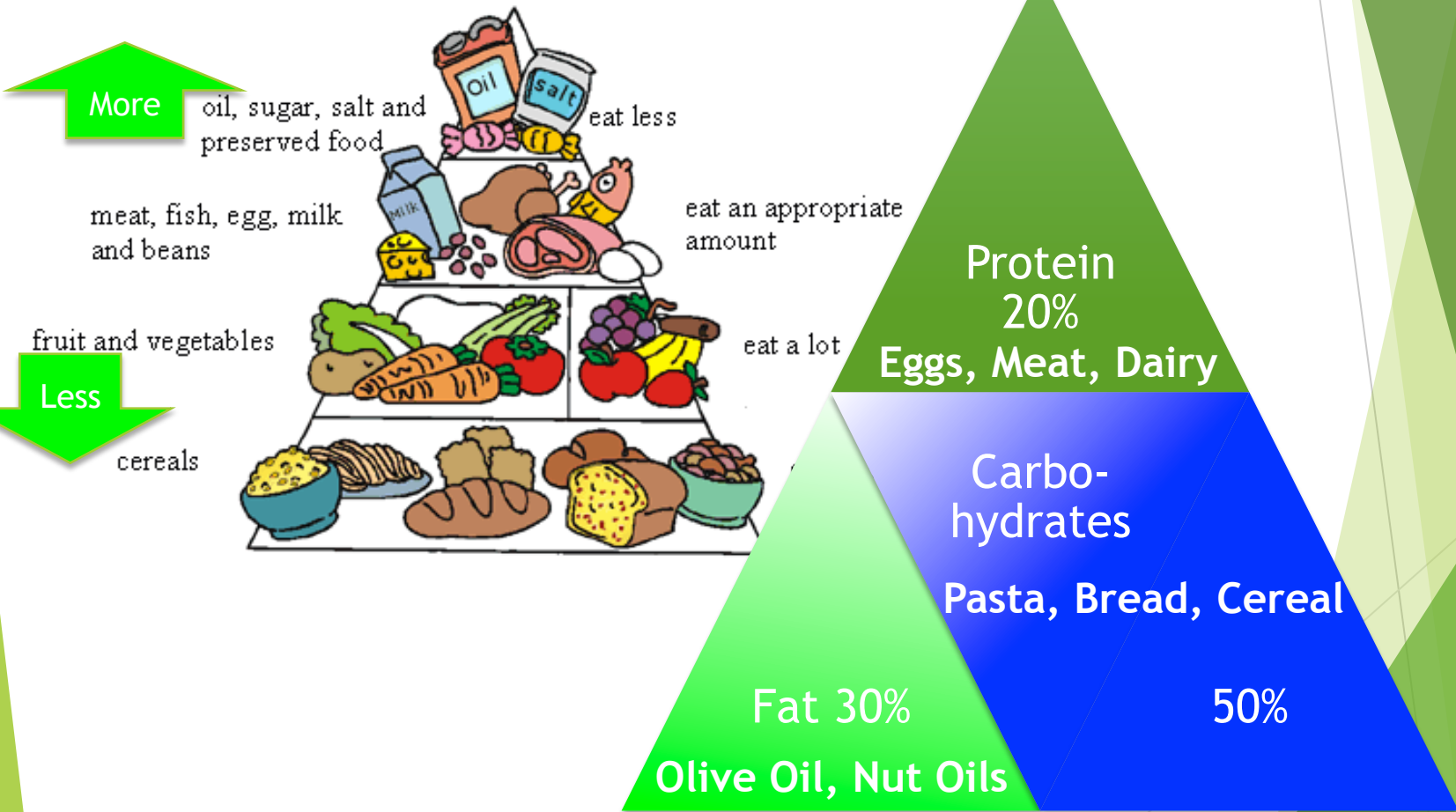


Backpacking Food and Water

Balance of Protein, Carbs, and Fat



20 percent protein, 30 percent fat, and 50 percent carbohydrates

Water Purification

www.outdoorgearlab.com/Backpacking-Water-Filter-Reviews



Chemical treatment

3 oz

Can drink after 20 min



Sawyer

5.1 oz for filter and 3 bags

Can drink immediately



MSR Sweetwater Microfilter

13.65 oz

Can drink immediately