

Invincible Summer

GORP, also called trail mix, is a staple on Four Trails trips. It can be customized to any taste or preference: sweet, salty, and even spicy.

GORP is a very forgiving recipe. Scale it based on how much you want, and start with the ingredient you have the least of to make sure your GORP stays balanced. Pick one or a combination of items from each category or leave out a category if you're not a fan. Have fun!

GORP Recipe



Want to make your GORP extra-special? Lightly sprinkle one of the following spices into your mix. Start with a small amount and gradually add more to your desired taste.

- cayenne pepper
- garlic powder
- onion powder
- curry powder
- chili powder
- matcha powder

Once you've made your best-self GORP, share it on social media with #InvincibleSummer!



Cheerios
Tostitos
Chex
wasabi peas
popcorn

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**1 cup
cereal**

**1 cup
pretzels**

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animal crackers
mini-pretzels

raisins
dried cranberries
dried cherries
banana chips
dried apples
dried orange peel

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**1 cup
dried fruit**

**1 cup
nuts**

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peanuts
walnuts
almonds
pistachios
cashews
pumpkin seeds
sunflower seeds

chocolate chips
(white, milk or
dark)
butterscotch chips
M&Ms
shredded coconut

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**1/2
cup
sweets**