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Food on Foot: A History of Eating on Trails and in the Wild (Food on the Go)

Demet Güzey

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What did great adventurers eat during their expeditions to the far corners of the world? How did they view the role of food in their survival and wellbeing? What about hikers and backpackers today who set out to enjoy nature, pushing their own boundaries of comfort for adventure. How does food impact their experience? And what do they have in common with pilgrims and soldiers?

Food is a significant element of our relationship with nature. Whether a historical expedition or a weekend camping trip, a journey made on foot requires sustenance. Without mastering our relationship with food we would have not been to the South Pole or summited Mt. Everest or expanded to the west of America. However, in the reporting of these expeditions so far food has rarely taken a central role. It is possible to take a different stance and look at our time on trails with food as the leading character.

Here, Demet Güzey offers a fun and interesting read on the social and cultural history, developments and challenges in food on trails and in the wild. She explores personal accounts, news articles and anecdotes to highlight how food has accompanied us in mountaineering, desert travel, and pilgrimage, in the army or on the street. From tinned foods to foraging in the wild, worm-infested hardtack to palate-dulling army rations, loss of appetite in high altitude to starvation at the trenches, no stone is left unturned in this tour of how we manage food on foot, and how disasters happen when we do not manage it so well. Readers will delight in both the stories of many of the famous explorations and the more current journeys.

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