



BLACK ROCK DESERT
HIGH ROCK CANYON
EMIGRANT TRAILS



NATIONAL CONSERVATION AREA

What did the Emigrants Pack?

- Most emigrants traveled out West with only one wagon and they were advised not to carry more than 1800 pounds of cargo, although it was necessary at times.
- The typical “load” was: flour, sugar, bacon, coffee beans, lard, spices, dried fruit, beans, rice, and a keg of pickles. That was just the food, now for the cooking implements: cast iron pots and pans, a kettle or two, and a Dutch oven.
- The Emigrant’s Guide to California (1849, St. Louis) suggests the following supplies be taken for three people heading out west:

Item	Weight
flour	600 lbs
biscuit	120 lbs
bacon	400 lbs
coffee	60 lbs
tea	4 lbs
sugar	100 lbs
lard	200 lbs
beans	200 lbs
dried fruit	120 lbs
salt	40 lbs
pepper	8 lbs
saleratus	8 lbs
whiskey	1 keg

What did the Emigrants eat?

- The basic meal of the emigrant consisted of beans, coffee, and bacon.
- Breakfast and dinner were usually hot, but lunch was served cold in order to save time.
- Rice, Cornmeal mush, soda biscuits, and hoecakes were fairly common along the emigrant trail.
- Meats were usually dried to preserve them. Fruits could be dried, or canned to keep them fresh.

