

SAMPLE FOOD LIST

Four days and three nights

Breakfast

- 3 Instant Oatmeal Packets
- 3 Cocoa Packets
- 2 Fruit Cups
- 2 Tea Bags
- 1 FD eggs

Lunch

- Carrots
- Almond Butter
- Hummus
- Crackers
- Nuts
- Dried Fruit
- Cheese
- 2 Apples
- 4 Fruit Juice

Dinner

- 1 Uncle Ben's Instant Rice Packet
- 2 Ramen Noodles
- Cheese
- Apples
- Small Can of Veggies
- 2 Salmon Packet
- Pita Bread
- 2 Tea Bags
- 1 Eight Liter Water Bladder for Trip
- 2 Wine Bladders
- Spices

Paddling Snacks

- 4 Sports Waffles
- 2 Gel Cube packets

3 Energy Bars