# Food List for Basecamp & Canoe Trips

## Breakfast
- Oatmeal (Bulk) 2#
- Coucous 1#
- Hashbrown Potatoes 2 boxes
- Granola 3#
- Pancake Mix 1.5#
- Syrup 16oz

## Dinner
- Pasta .34# pp for 1 meal
  .68# pp for 2 meals
- Instant Beans 3 boxes
- Lentils 1#
- Instant Potatoes 2#
- Instant Rice 1 large box
- Instant Chili Mix 3 boxes
- Tortillas 2 per person

## Cheese
- Cheddar 5#
- Colby-Jack 2#
- Mozzarella 2#
- Parmesan (shredded) .5#

## Trail Foods
### Trail Mix
- Soynut Crunchies 2#
- Oriental Snack Mix 2#
- Supertrail 2#

### Nuts & Seeds
- Almonds .5#
- Cashews .5#
- Dry Roasted Peanuts 1#
- Honey Roasted Peanuts .5#
- Sunflower Seeds .5#
- Peanut Butter 2# (1 smooth; 1 creamy)

## Dried Fruit
- Apples 1#
- Apricots .5#
- Banana Chips 1#
- Peaches .5#
- Pineapple .5#

## Other
- Crackers Several sleeves
- Bagels 2 per person
- Hummus 3 boxes
- Jelly 2 bottles
- Granola Bars 2 per person
- Snickers Bars 1 per person

## Flour and Baking
- White Flour 1# per trip
- Wheat Flour 2# per trip
- Baking Powder 1/3 can per trip
- Yeast 1/3 jar per trip

## Sugar & Fruit Drinks
- White Sugar .5#
- Brown Sugar 1#
- Lemonade Mix 2#
- Fruit Punch 1#
- Apple Cider 1 box
- Black, Green & Herbal Teas Assortment
- Crystal Light 5 packets per trip

## Soups, Bases & Desserts
- Ramen Soup 1 per person
- French Onion Soup Base 2 packets
- Tomato Base Optional
- Spaghetti Sauce 1 can
- Dried Veggies 1#
- Cheesecake Mix 1#
- Brownie Mix 1#

## Milk, Eggs, Margarine & Cocoa
- Powdered Milk 1#
- Soy Milk .5 #
- Powdered Eggs (for baking) Several TBSP
- Margarine 1#
- Cocoa 1 canister
- Coffee TBD by leaders
- Coffee (Instant) TBD by leaders
- Creamer TBD by leaders

## Meats & Substitutes
- Summer Sausage 1#
- Sliced Pepperoni 1#
- Chicken (Canned) 2 cans
- Tuna (Canned) 4 cans

## Fresh Goods
- Apples 3#
- Oranges 3#
- Carrots 1#
FOOD LIST FOR BASECAMP & CANOE TRIPS

Liquids

- Olive Oil Large bottle
- Vinegar Small bottle
- Soy Sauce Mini bottle
- Vanilla Mini bottle

Fully Stocked Spice Kit