# Food List for Backpack & Kayak Trips

## Breakfast
- Oatmeal (Packets): 4 per person
- Coucous: 1#
- Hash Brown Potatoes: 2 boxes
- Granola: 3#
- Powdered Eggs: 2-6oz or 1-10oz

## Dinner
- Pasta: .34# pp for 1 meal
  .68# pp for 2 meals
- Instant Beans: 3 boxes
- Lentils: 1#
- Instant Potatoes: 2#
- Instant Rice: 1 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

## Soups, Bases & Desserts
- Ramen Soup: 1 per person
- French Onion Soup Base: 2 packets
- Tomato Base: Optional
- Tomato Paste: 3 cans
- Pesto Sauce: 3 packets
- 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#
- Jerky (Beef): 1#
- Jerky (Turkey): 1#

## Fresh Goods
- Apples: 3#
- Oranges: 3#
- Carrots: 1#
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## Liquids

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

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### Fully Stocked Spice Kit