

FOOD LIST FOR BACKPACK & KAYAK TRIPS

Breakfast

- Oatmeal (Packets) 4 per person
 - Coucous 1#
 - Hashbrown Potatoes 2 boxes
 - Granola 3#
 - Powdered Eggs 2-6oz or 1-10oz
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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
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Cheese

- Cheddar 5#
 - Colby-Jack 2#
 - Mozzarella 2#
 - Parmesan (shredded) .5#
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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
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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
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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#
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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
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Meats & Substitutes

- Summer Sausage 1#
 - Sliced Pepperoni 1#
 - Jerky (Beef) 1#
 - Jerky (Turkey) 1#
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Fresh Goods

- Apples 3#
- Oranges 3#
- Carrots 1#

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Liquids

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|--------------------------|-----------|--------------|
| <input type="checkbox"/> | Olive Oil | Large bottle |
| <input type="checkbox"/> | Vinegar | Small bottle |
| <input type="checkbox"/> | Soy Sauce | Mini bottle |
| <input type="checkbox"/> | Vanilla | Mini bottle |
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Fully Stocked Spice Kit