

FOOD PLANNER

date	breakfast	lunch	dinner
3-19 Fri		Leave Cinti. after school/work	r o a d
3-20 Sat.	r o a d	r o a d	r o a d
3-21 Sun.	c a r c a m p	trail	trail
3-22 Mon.	Trail	trail	trail
3-23 Tues	Trail	trail	trail
3-24 Weds.	Trail	trail	trail
3-25 Thur.	Trail	trail	trail
3-26 Fri.	Trail	Car	r o a d
8-27 Sat.	r o a d	r o a d	r o a d
8-28 Sun.	r o a d	r o a d	Cinti

TOTALS: Trail Breakfast- 5 / Trail Lunch- 5 / Trail Dinner-5
 Car Camping Breakfast- 1 / Car Lunch- 1 / Car Camping Dinner- 0
 On Road Breakfast- 3 / On Road Lunch- 3 / On Road Dinner- 4

Food Planning:

Find someone to share food with. Pack light! Road meals will most likely be fast food, although you can certainly bring something in the van (as long as we do not have to stop and cook it). Once we pass Moab (Saturday evening) there are no stores, so all food must be bought and pre-packaged.

In the canyon, you should plan on using up any fresh foods early in the trip (the first day or two), then go to more freeze-dried or pasta type foods. Cheeses and dried meats can also work for you carnivores. Water is always available though it may be difficult to find/access at times. Power Bars or similar high energy compressed foods are good for lunches. Add water soups, pancakes and oatmeal can be good for breakfasts. Hard breads like bagels should last for nearly the five days. Don't forget a tasty gorp and sweet snacks to help break up the monotony. Drink mixes like Gatorade, lemonade, teas and coffee are also much appreciated items.

Repackage all your foods to minimize bulk. Pack boxed items into ziplock bags. Especially avoid glass containers.

BACKPACKING CHECKLIST

(Please Note: Some of these items would be shared between Food Partners)

backpack	hiking boots
-pack cover	Sandals / gym shoes
daypack	booties (if you get cold feet)
Compass/ GPS	wool socks
	liner socks
tent	cotton socks
-groundcloth	
-cord	underwear
	polypro bottoms, medium weight
flashlight	shorts
-batteries	jeans
	nylon pants
water purification pump	Goretex pants
pocket knife	polypro top, medium weight
sewing kit	flannel shirt
T.P.	T-shirts
Ziplock bags (lrg, for garbage)	wool sweater
	Goretex jacket
sleeping bag (15°F)	
Thermarest or Ridgerest type pad	sun hat
	bandannas
	wool cap
water bottles	sunglasses
cook kit	
fuel bottle -large	Gloves
utensils	
stove w/reamer	First Aid Kit
matches	sunscreen
	chapstick
camera	soap (Dr. Bronner's, et al)
-film	
books	
pen	
notebook	
	washcloth (car item)
	towel (small, for in car)
	shampoo (for use on road - not in canyon)