

14 DAY TREK

12 BREAKFASTS

1-BREAKFAST BURRITOS

- _____ TORTILLAS (2 tortillas per person)
- _____ DRIED EGGS (1 packet per canoe)
- _____ DRIED SAUSAGE CRUMBLES (2 bags per crew)
- _____ FRESH GREEN PEPPER (1 per crew)
- _____ FRESH ONION (1 per crew)
- _____ QUAKER OATMEAL TO-GO BAR (1 per person)
- COMMISSARY MANAGER INITIALS (Meal check)

2-OATMEAL

- _____ OATMEAL (2 packets per person)
- _____ PRECOOKED BACON (2 boxes per crew)
- _____ GRANOLA BAR (1 per person)
- _____ RAISINS (1 bag per crew)

3-GRANOLA CEREAL

- _____ MAPLE ALMOND GRANOLA (1 scoop per 2 people)
- _____ FRUIT BAR (1 per person)
- _____ FRUIT NIBBLER (1 bag per crew)
- _____ DRY MILK (1 packet per crew)

4-OATMEAL

- _____ OATMEAL (2 packets per person)
- _____ BEEF JERKY (1 packet per canoe)
- _____ FRUIT SNACKS (2 packets per person)
- _____ RAISINS (1 bag per crew)

5-GRAPE-NUTS CEREAL

- _____ GRAPE-NUTS CEREAL (2 scoops per canoe)
- _____ DRIED STRAWBERRIES (1 bag per canoe)
- _____ BEEF JERKY (1 packet per canoe)
- _____ DRY MILK (1 packet per crew)

6-RAISIN BRAN

- _____ RAISIN BRAN (1 scoop per person)
- _____ DRY MILK (1 packet per crew)
- _____ BEEF JERKY (1 packet per canoe)
- _____ GRANOLA BAR (1 per person)
- _____ RAISINS (1 bag per crew)

7-OATMEAL

- _____ OATMEAL (2 packets per person)
- _____ WALNUTS (1 bag per canoe)
- _____ FRUIT BAR (1 per person)
- _____ FRUIT NIBBLER (1 bag per crew)

8-GRANOLA CEREAL

- _____ CINNAMON RAISIN GRANOLA (1 scoop per 2 people)
- _____ GRANOLA BAR (1 per person)
- _____ APPLESAUCE (1 per person)
- _____ DRY MILK (1 packet per crew)

9-CREAM OF WHEAT

- _____ CREAM OF WHEAT (2 packets per person)
- _____ CEREAL FLAVORING (sugar, cinnamon, brown sugar)
- _____ BEEF JERKY (1 packet per canoe)
- _____ GRANOLA BAR (1 per person)
- _____ RAISINS (1 bag per crew)

10-OATMEAL

- _____ OATMEAL (2 packets per person)
- _____ PRECOOKED BACON (2 boxes per crew)
- _____ GRANOLA BAR (1 per person)
- _____ RAISINS (1 bag per crew)

11-GRANOLA CEREAL

- _____ MAPLE ALMOND GRANOLA (1 scoop per 2 people)
- _____ FRUIT BAR (1 per person)
- _____ FRUIT NIBBLER (1 bag per crew)
- _____ DRY MILK (1 packet per crew)

INTERPRETER _____

CREW # _____

12-OATMEAL

- _____ OATMEAL (2 packets per person)
- _____ BEEF JERKY (1 packet per canoe)
- _____ FRUIT SNACKS (2 packets per person)
- _____ RAISINS (1 bag per crew)

13 LUNCHES

1-FRESH LUNCH

MUST USE 1ST DAY (Store in refrigerator)

- _____ BREAD (4 slices per person) (1 1/2 loaves for full crew)
- _____ LUNCH MEAT (1 package per crew)
- _____ CHEESE SLICES (1 package per crew)
- _____ MUSTARD (2 per person) _____ MAYO (2 per person)
- _____ FRESH FRUIT (Apples or oranges) (1 per person)
- _____ PEANUT BUTTER CRACKERS (1 packet per person)
- COMMISSARY MANAGER INITIALS (Meal check)

2-PITA WRAPS

MUST USE 2ND OR 3RD DAY

- _____ PITA BREAD (2 pockets per person)
- _____ SUMMER SAUSAGE (1 per canoe)
- _____ CHEESE BLOCK (1 block per crew)
- _____ CHEEZ-IT (1 box per crew)
- COMMISSARY MANAGER INITIALS (Meal check)

3-BAGEL

MUST USE 2ND OR 3RD DAY

- _____ BAGEL (1 per person)
- _____ PEANUT BUTTER (1 jar per crew)
- _____ JELLY (1 bottle per crew)
- _____ SALTED NUT ROLL (1 per person)
- _____ COUNTRY TRAIL MIX (1 bag per canoe)

4-HUDSON BAY BREAD

- _____ HUDSON BAY BREAD (1 per person)
- _____ NUTELLA (1 jar per crew)
- _____ BEEF JERKY (1 packet per canoe)
- _____ FRESH CARROTS (No more than 1 per person)
- _____ ANIMAL CRACKERS (1 package per crew)

5-SUMMER SAUSAGE TORTILLAS

- _____ TORTILLAS (2 tortillas per person)
- _____ SUMMER SAUSAGE (1 per canoe)
- _____ SHELF-STABLE CHEESE STICK (3 per person)
- _____ DELUXE TRAIL MIX (1 bag per canoe)

6-CHICKEN AND CRACKERS

- _____ WASA CRACKERS (2 packages per crew)
- _____ CHICKEN (Pouch) (1 packet per canoe)
- _____ SHELF-STABLE CHEESE STICK (3 per person)
- _____ PEANUTS (1 bag per canoe)
- _____ ALL FRUIT TRAIL MIX (1 bag per canoe)

7-HUDSON BAY BREAD

- _____ HUDSON BAY BREAD (1 per person)
- _____ PEANUT BUTTER (1 jar per crew)
- _____ JELLY (1 bottle per crew)
- _____ BEEF STICKS (1 per person)
- _____ HOT & SPICY TRAIL MIX (1 bag per canoe)

8-TUNA AND CRACKERS

- _____ WASA CRACKERS (2 packages per crew)
- _____ TUNA (Pouch) (1 packet per canoe)
- _____ SHELF-STABLE CHEESE STICK (3 per person)
- _____ MUSTARD (2 per person) _____ MAYO (2 per person)
- _____ HAWAIIAN TRAIL MIX (1 bag per canoe)

9-REFRIED BEAN TORTILLAS

- _____ REFRIED BEANS (1 box per crew)
- _____ SHELF-STABLE CHEESE STICK (3 per person)
- _____ HOT & SPICY TRAIL MIX (1 bag per canoe)
- _____ CRACKER JACKS (1 bag per crew)
- _____ TORTILLAS (2 tortillas per person)

10-PITA CHIPS AND HUMMUS

- _____ PITA CHIPS (2 bags for full crew)
- _____ HUMMUS (1 box per crew)
- _____ BEEF JERKY (1 packet per canoe)
- _____ PEANUTS (1 bag per canoe)
- _____ ALL FRUIT TRAIL MIX (1 bag per canoe)

11-SUMMER SAUSAGE TORTILLAS

- _____ TORTILLAS (2 tortillas per person)
- _____ SUMMER SAUSAGE (1 per canoe)
- _____ SHELF-STABLE CHEESE STICK (3 per person)
- _____ DELUXE TRAIL MIX (1 bag per canoe)

12-CHICKEN AND CRACKERS

- _____ WASA CRACKERS (2 packages per crew)
- _____ CHICKEN (Pouch) (1 packet per canoe)
- _____ SHELF-STABLE CHEESE STICK (3 per person)
- _____ PEANUTS (1 bag per canoe)
- _____ ALL FRUIT TRAIL MIX (1 bag per canoe)

13-HUDSON BAY BREAD

- _____ HUDSON BAY BREAD (1 per person)
- _____ PEANUT BUTTER (1 jar per crew)
- _____ JELLY (1 bottle per crew)
- _____ BEEF STICKS (1 per person)
- _____ HOT & SPICY TRAIL MIX (1 bag per canoe)

12 EVENING MEALS

1-VOYAGEUR FAJITA (Store in refrigerator)

- _____ TORTILLAS (2 tortillas per person)
- _____ MEXICAN RICE (1 scoop per canoe)
- _____ CHICKEN (Precooked/frozen) (1 bag per canoe)
- _____ FRESH GREEN PEPPER (1 per crew)
- _____ FRESH ONION (1 per crew)
- _____ FAJITA SEASONING (1 packet per crew)
- _____ BLACK BEAN SOUP (1 container per crew)
- _____ SALSAS (1 bottle per crew)
- _____ SHELF-STABLE CHEESE STICK (3 per person)
- _____ CHOCOLATE PUDDING (2 boxes per crew)
- COMMISSARY MANAGER INITIALS (Meal check)

2-NORTHWOODS SPAGHETTI

- _____ ROTINI PASTA (2 scoops per canoe)
- _____ DRIED HAMBURGER (1 bag per canoe)
- _____ TOMATO POWDER (1 packet per crew)
- _____ SPAGHETTI SEASONING (1 package per crew)
- _____ DRIED CARROTS (1 bag per canoe)
- _____ FRESH ONION (1 per crew)
- _____ BROWNIES (1 package per crew)

3-KEKAKABIC SUPREME

- _____ DRIED POTATO SLICES (1 scoop per canoe)
- _____ DRIED SAUSAGE CRUMBLES (1 bag per canoe)
- _____ CHEESE SAUCE (1 packet per crew)
- _____ SOUR CREAM POWDER (1 packet per crew)
- _____ DRIED PEAS (1 bag per canoe)
- _____ DRIED CORN (1 bag per canoe)
- _____ CHEESE CAKE (1 box per crew)

4-POO BAH BURGEOO

- _____ DRIED CHICKEN (1 bag per canoe)
- _____ WILD RICE SOUP MIX (2 bags per crew)
- _____ BROWN RICE (1 scoop per canoe)
- _____ DRIED PEAS (1 bag per canoe)
- _____ PITA (*1 pocket per person*)
- _____ S'MORES
 - _____ 1 box Graham Crackers
 - _____ 1 bag Marshmallows per crew
 - _____ 1 chocolate bar per person

5-CHARLIE'S KRAFT WALLEYE

- _____ MACARONI PASTA (2 scoops per canoe)
- _____ TUNA (Pouch) (1 packet per canoe)
- _____ CHEESE SAUCE (1 packet per crew)
- _____ DRIED PEAS (1 bag per canoe)
- _____ DRIED CARROTS (1 bag per canoe)
- _____ MUFFIN MIX (1 packet per crew)

6-TORTILLA SOUP

- _____ BROWN RICE (1 scoop per canoe)
- _____ TORTILLA SOUP MIX (2 bags per crew)
- _____ DRIED HAMBURGER (1 bag per canoe)
- _____ BLACK BEANS (1 box per crew)
- _____ TORTILLAS (2 tortillas per person)
- _____ CHEESE CAKE (1 box per crew)

7-CHILI MAC

- _____ MACARONI PASTA (2 scoops per canoe)
- _____ DRIED CHILI MIX WITH BEANS (1 bag per crew)
- _____ DRIED HAMBURGER (*1 bag per crew*)
- _____ DRIED CORN (1 bag per canoe)
- _____ CORN BREAD MIX (1 box per crew)
- _____ VANILLA PUDDING (2 boxes per crew)

8-FRASIER FREDO

- _____ BOWTIE PASTA (2 scoops per canoe)
- _____ DRIED CHICKEN (1 bag per canoe)
- _____ ALFREDO SEASONING (1 packet per canoe)
- _____ DRY MILK (1 packet per crew)
- _____ PARMESAN CHEESE (2 packets per person)
- _____ DRIED GREEN BEANS (1 bag per canoe)
- _____ BROWNIES (1 package per crew)

9-KEKAKABIC SUPREME

- _____ DRIED POTATO SLICES (1 scoop per canoe)
- _____ DRIED SAUSAGE CRUMBLES (1 bag per canoe)
- _____ CHEESE SAUCE (1 packet per crew)
- _____ SOUR CREAM POWDER (1 packet per crew)
- _____ DRIED PEAS (1 bag per canoe)
- _____ DRIED CORN (1 bag per canoe)
- _____ CHEESE CAKE (1 box per crew)

10-POO BAH BURGEOO

- _____ DRIED CHICKEN (1 bag per canoe)
- _____ WILD RICE SOUP MIX (2 bags per crew)
- _____ BROWN RICE (1 scoop per canoe)
- _____ DRIED PEAS (1 bag per canoe)
- _____ PITA (*1 pocket per person*)
- _____ S'MORES
 - _____ 1 box Graham Crackers per crew
 - _____ 1 bag Marshmallows per crew
 - _____ 1 Chocolate bar per person

11-CHARLIE'S KRAFT WALLEYE

- _____ MACARONI PASTA (2 scoops per canoe)
- _____ TUNA (Pouch) (1 packet per canoe)
- _____ CHEESE SAUCE (1 packet per crew)
- _____ DRIED PEAS (1 bag per canoe)
- _____ DRIED CARROTS (1 bag per canoe)
- _____ MUFFIN MIX (1 packet per crew)

12-TORTILLA SOUP

- _____ BROWN RICE (1 scoop per canoe)
- _____ TORTILLA SOUP MIX (2 bags per crew)
- _____ DRIED HAMBURGER (1 bag per canoe)
- _____ BLACK BEANS (1 box per crew)
- _____ TORTILLAS (2 tortillas per person)
- _____ CHEESE CAKE (1 box per crew)

CUPBOARD ITEMS AND ESSENTIALS

- BANNOCK
- FISH FRY
- POPCORN
- PARKAY BUTTER (1 per crew)
- CANOLA OIL (1 per crew)
- SUGAR-WHITE
- SUGAR-BROWN
- SUGAR-POWDERED

BEVERAGES

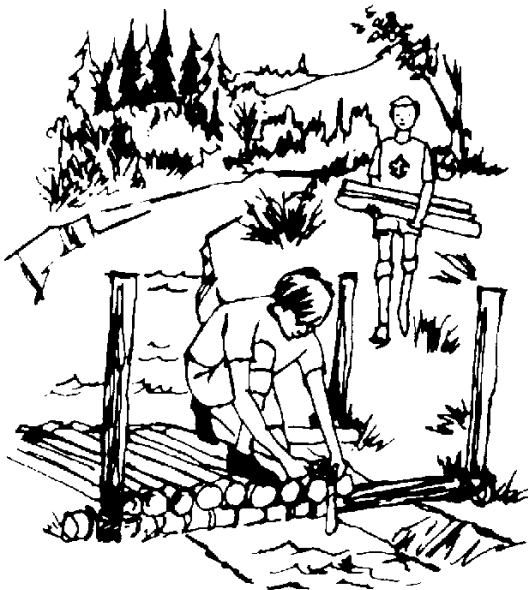
- COFFEE (REGULAR)
- TEA (REGULAR)
- SUGAR PACKETS
- SWEET N LOW
- GATORADE (no more than 1 per person per day)
- HOT CHOCOLATE (no more than 1 per person per day)
- APPLE CIDER (no more than 1 per person per day)
- BREAKFAST JUICE (no more than 1 per day)
- COFFEE (DECAF)
- TEA (DECAF)
- CREAMER PACKETS
- SALT/PEPPER PACKETS

CONDIMENTS

- KETCHUP
- MUSTARD
- BBQ SAUCE
- TACO SAUCE
- MAYONNAISE
- RELISH
- SOY SAUCE

ESSENTIALS

- TOILET TISSUE (1 large roll per canoe)
- LINER BAG FOR FOOD PACK



WE'RE ALL PACKED & READY TO GO!!

SIGNATURES:

TRAIL STAFF: _____

COMMISSARY: _____