

NORTHERN TIER 14-NIGHT TRIP TRAIL MENU

BREAKFASTS

1-BREAKFAST BURRITO MUST USE 2ND DAY (Store in Refrigerator)

TORTILLAS	2	torillas	person
SCRAMBLED EGGS	1	packet	canoe
CHEESE BLOCK	1	block	crew
PRE-COOKED SAUSAGE LINKS	2	packets	crew
FRESH GREEN PEPPER	1	each	crew
FRESH ONION	1	each	crew
GRANOLA BAR - CHOCOLATE CHIP	1	bar	person

2-GRANOLA/CEREAL

MAPLE ALMOND GRANOLA 9 oz bag	1	bag	canoe
H.S. PROTEIN BAR	1	bar	person
DRIED FRUIT - CRAISINS	1	packets	person
DRIED MILK	1	packet	crew
GRANOLA BAR - BANANA NUT	1	bar	person

3-OATMEAL

OATMEAL	2	packets	person
MEAT STICK - COUNTRY MEAT ORIGINAL	1	stick	person
FRUIT SQUEEZABLE - HONEY CINNAMON	1	pouch	person
HONEY STINGER ENERGY BAR	1	bar	person

4-GRANOLA/CEREAL

CINNAMON RAISIN GRANOLA 9 OZ BAG	1	bag	canoe
H.S. WAFFLE #1 - SALTED CARAMEL	1	waffle	person
BEEF STICK - JACK LINKS ORIGINAL	1	stick	person
DICED PINEAPPLE	1	packet	person
DRIED MILK	1	packet	crew
GRANOLA BAR - OAT AND HONEY	1	bar	person

5-GRITS

GRITS	2	packets	person
DRIED SAUSAGE CRUMBLES (9 OZ BAG)	1	bag	crew
SQUEEZABLE CHEDDAR CHEESE	1	packet	person
GRANOLA BAR - APPLE FRUIT BAR	1	bar	person
DRIED FRUIT - apricot	1	packet	person

6-PEANUTBUTTER & BANANA TOAST

GRAHAM CRACKERS	2	boxes	crew
PEANUT BUTTER	1	jar	crew
BANANA CHIPS	2	packets	person
HONEY STINGER ENERGY BAR	1	bar	person
BEEF STICK - JACK LINK - STEAK STICK	1	stick	person

7-OATMEAL

OATMEAL	2	packets	person
MEAT STICK - COUNTRY MEAT - OLD #9	1	stick	person
FRUIT SQUEEZABLE - STRAWBERRY	1	pouches	person
GRANOLA BAR - KIND BAR	1	bar	person

8-GRANOLA/CEREAL

MAPLE ALMOND GRANOLA (9 OZ BAG)	1	bag	canoe
H.S. WAFFLE - VANILLA&CHOCOLATE	1	waffle	person
BEEF STICK - KLEMENTS - BEEF	2	packet	person
DRIED FRUIT - fruit blend	1	packet	person
DRIED MILK	1	pkg	crew

9-PANCAKES

PANCAKE MIX	1	box	crew
SYRUP	1	bottle	crew
SPAM SINGLE	1	packet	person
FRUIT SQUEEZABLE - BERRY	1	pouch	person
CLIFF BAR	1	bar	person

10-GRANOLA/CEREAL

CINNAMON RAISIN GRANOLA (9 OZ BAG)	1	bag	person
CLIF BAR	1	bar	person
DRIED FRUIT - FRUIT LEATHER	2	packets	person
DRIED MILK	1	packet	crew

11-GRITS

GRITS	2	packets	person
DRIED SAUSAGE CRUMBLES (9 oz bag)	1	bag	crew
SQUEEZABLE CHEDDAR CHEESE	1	packet	person
GRANOLA BAR - RASPBERRY FRUIT BAR	1	bar	person
DRIED FRUIT - MIXED FRUIT	1	packets	person

12-GRANOLA/CEREAL

MAPLE ALMOND GRANOLA (9 OZ BAG)	1	bag	canoe
H.S. WAFFLE - MINT	1	waffle	person
MEAT STICK - KLEMENT HAM	2	packets	person
DRIED MILK	1	packet	crew
GRANOLA BAR 3 - RASPBERRY FRUIT BAR	1	bar	person

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LUNCHES

1-FRESH LUNCH

MUST USE 1ST DAY (Store in Refrigerator)

BREAD	4	slices	person
LUNCH MEAT	1	pack	crew
CHEESE SLICES	1	pack	crew
MUSTARD	2	packets	person
MAYO	2	packets	person
FRESH FRUIT	1	each	person
PEANUT BUTTER CRACKERS	1	bag	canoe
GATORADE - ORANGE	1	packet	person

2-PITA WRAPS

MUST USE 2ND OR 3RD DAY

PITA BREAD	1	pita	person
SUMMER SAUSAGE	1	log	canoe
CHEESE BLOCK	1	block	crew
CHEEZ-IT CRACKERS	1	box	crew
SALTED NUT ROLL	1	bar	person
SQWINCHER - COOL CITRUS	1	packet	person

3-BAGEL

MUST USE 2ND OR 3RD DAY

BAGEL	1	each	person
PEANUT BUTTER	1	jar	crew
JELLY	1	bottle	crew
TRAIL MIX # 1 - CRANBERRY			
CRUNCH	1	packet	person
FRUIT SNACKS	1	packets	person
PRINGLES	2	cans	crew
SQWINCHER - LEMONADE	1	packet	person

4-CHICKEN WRAPS

TORTILLAS	2	tortillas	person
CHICKEN	1	pouch	person
SHELF-STABLE CHEESE #1	1	block	2 people
TRAIL MIX #2- CHERRY MIX	1	bag	person
H.S. ENERGY CHEWS	1	bag	person
SQWINCHER - LEMON-LIME	1	packet	person

5-HUDSON BAY BREAD

HUDSON BAY BREAD	1	bar	person
HAZELNUT SPREAD	1	jar	crew
MEAT STICK 3 -COUNTRY MEAT - SWEET BBQ	1	stick	person
FRESH CARROTS	1	each	person
ANIMAL CRACKERS	1	package	crew
SQWINCHER - FRUIT PUNCH	1	packet	person

6-CLUB SPAMWICHES

CLUB CRACKERS	1	box	crew
SPAM SINGLE	1	each	person
SQUEEZABLE CHEESE-CHEDDAR	2	packets	person
TRAIL MIX #3 - PLANTERS FRUIT AND NUTS	1	packet	person
FRUIT SQUEEZABLE - APPLE APPLE	1	pouch	person
TWIZZLERS	1	bag	crew

7-PITA AND HUMMUS

PITA CHIPS	1	bag	canoe
HUMMUS	1	packet	person
MEAT STICK #4 - JACK LINKS			
TERIYAKI	1	packet	person
NUTS #4 - CORN NUTS	1	packet	person
FRUIT SQUEEZABLE - BUDDY FRUIT	1	pouch	person
OREOS	1	packet	person
SQWINCHER - GRAPE	1	packet	person

8-TUNA AND CRACKERS

WASA CRACKERS	2	packages	crew
TUNA	1	pouch	person
SHELF-STABLE CHEESE	1	block	2 people
MUSTARD	2	packets	person
MAYO	2	packets	person
TRAIL MIX #5 - IMPERIAL NUTS	1	packet	person
GATORADE - ORANGE	1	packet	person

9-SUMMER SAUSAGE BISCUITS

PILOT BISCUITS	1	sleeve	crew
OLD FASHION SQUEEZABLE			
JALAPENO CHEEZE	2	packets	person
SUMMER SAUSAGE	1	log	canoe
TRAIL MIX #6 - NUTS & CHOCOLATE	1	bag	person
DRIED FRUIT - SUNRIPE BAR	1	bag	person
FRUIT SNACKS	1	bag	person
SQWINCHER - RASPBERRY	1	packet	person

10-HUDSON BAY BREAD

HUDSON BAY BREAD	1	bar	person
PEANUT BUTTER	1	jar	crew
JELLY	1	bottle	crew
MEAT STICK #1 - COUNTRY MEAT - ORIGINAL	1	stick	person
TRAIL MIX #4 -CORN NUTS	1	bag	person
GATORADE - ORANGE	1	packet	person

11-CHICKEN AND CRACKERS

PILOT BISCUITS	1	sleeve	crew
CHICKEN	1	pouch	person
SHELF-STABLE CHEESE	1	block	2 people
TRAIL MIX #6 - NUTS AND CHOCOLATE	1	bag	person
FRUIT SQUEEZABLE -STRAWBERRY	1	pouch	person
SQWINCHER - FRUIT PUNCH	1	packet	person

12- PORK STICK IN THE MUD

CINNAMON BAGEL CHIPS	1	bag	canoe
HAZELNUT SPREAD	1	jar	crew
TRAIL MIX #4 - CORN NUTS	1	bag	person
MEAT STICK #7 - COUNTRY MEAT OLD #9	1	stick	person
SUNRIPE BAR	1	bar	person
GATORADE - ORANGE	1	packet	person

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SQWINCHER - LEMONADE 1 bag person

13-PITA AND HUMMUS

PITA CHIPS 1 bag canoe

HUMMUS 1 packet person

MEATSTICK #3 - COUNTRY MEAT -

BBQ 1 bar person

TRAIL MIX - HONEY ROASTED

PEANUTS 1 bag person

SUNRIPE BAR 1 bar person

TWIZZLERS 1 bag crew

SQWINCHER - RASPBERRY 1 packet person

NORTHERN TIER 14-NIGHT TRIP TRAIL MENU

DINNERS

1-VOYAGEUR FAJITA MUST USE 1ST DAY (Store in Refrigerator)

TORTILLAS	2	tortilla	person
UNCLE BEN'S SEASONED RICE (13.5 oz)	1	bag	crew
CHICKEN (FROZEN)	1	bag	crew
FRESH GREEN PEPPER	1	pepper	crew
FRESH ONION	1	onion	crew
FAJITA SEASONING	1	packet	crew
SALSA	1	bottle	crew
CHEESE BLOCK	1	block	crew

PUDDING POWDER, CHOCOLATE

PUDDING POWDER, CHOCOLATE	3	boxes	crew
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2-NORTHWOODS SPAGHETTI

ROTINI PASTA	2	bags	crew
DRIED HAMBURGER (4.5 oz bags)	2	bags	crew
TOMATO POWDER	1	packet	crew
SPAGHETTI SEASONING	1	packet	crew
FRESH GREEN PEPPER	1	pepper	crew
FRESH ONION	1	onion	crew
BAGEL, PLAIN (small 2 oz)	1	bagle	person
BROWNIE MIX	1	packet	crew

3-KEKAKABIC SUPREME

DRIED POTATO SLICES	3	scoops	canoe
DRIED SAUSAGE CRUMBLES (9 oz bags)	1	bag	crew
CHEESE SAUCE POWDER	1	packet	crew
SOUR CREAM POWDER	1	packet	crew
DRIED CORN	1	bag	crew
MUFFIN, CHOCOLATE CHIP	2	packets	crew

4-POO BAH BURGGOO

DRIED CHICKEN (4.5 oz bags)	2	bag2	crew
WILD RICE SOUP MIX	2	packets	crew
BROWN RICE (13.5 oz)	1	bag	crew
DRIED PEAS	1	bag	crew
PITA BREAD	1	pita	person
GRAHAM CRACKERS	1	box	crew
MARSHMALLOWS	1	bag	crew
CHOCOLATE BAR - HERSHEY'S	1	bar	person

5-PAUL'S KRAFT PANCETTA

MACARONI PASTA	2	bags	crew
POUCH HAM	1	packet	canoe
CHEESE SAUCE POWDER	2	packet	crew
DRIED GREEN BEANS	1	bag	crew
DRIED CARROTS	1	bag	crew
MUFFIN, BLUEBERRY	2	packet	crew
CROUTONS	1	bag	person

6-CHILI MAC

MACARONI PASTA	2	bags	crew
DRIED CHILI MIX WITH BEANS	1	bag	crew
DRIED HAMBURGER (4.5 oz bags)	2	bags	crew
DRIED CORN	1	bag	crew
CORN BREAD MIX	2	packets	crew
PUDDING POWDER, VANILLA	3	box	crew

7-FRASIER FREDO

EGG NOODLES	2	bags	crew
DRIED CHICKEN (4.5 oz bags)	2	bags	crew
ALFREDO SEASONING	2	packets	crew
DRIED MILK	1	packet	crew
PARMESAN CHEESE	2	packets	person
DRIED BROCCOLI	1	bag	crew
BROWNIE MIX	1	packet	crew

8-RED BEANS AND RICE

RED BEANS AND RICE MIX	3	boxes	crew
DRIED SAUSAGE CRUMBLES	1	bag	crew
CORN BREAD MIX	2	packets	crew
YELLOW CAKE MIX	1	box	crew
CHOCOLATE CHIPS	1	bag	crew

9-BUFFALO CHICKEN

DRIED CHICKEN (4.5 oz bags)	2	bags	crew
DRIED POTATO SLICES	3	scoops	canoe
DRIED CORN	1	bag	crew
BUFFALO SAUCE	2	packets	person
TORTILLAS	2	tortillas	person
PUDDING POWDER, VANILLA	3	packets	crew
BANANA CHIPS	1	packet	person
VANILLA WAFERS	1	packet	crew

10-TORTILLA SOUP

TORTILLA SOUP MIX	2	bags	crew
CROUTONS	1	bag	person
DRIED CHICKEN (4.5 oz bags)	2	bags	crew
DRIED BLACK BEANS	1	bag	person
CHEESECAKE, INSTANT MIX	1	box	crew

11-CHARLIE'S KRAFT WALLEYE

MACARONI PASTA	2	bags	crew
TUNA	1	packet	canoe
CHEESE SAUCE POWDER	2	packet	crew
DRIED PEAS	1	bag	crew
DRIED CARROTS	1	bag	crew
MUFFIN, BANANA	2	packet	crew

12-NORTHWOODS SPAGHETTI

ROTINI PASTA	2	bags	crew
DRIED HAMBURGER	2	bags	crew
TOMATO POWDER	1	packet	crew
SPAGHETTI SEASONING mix	2	packet	crew
DRIED GREEN BEANS	1	bag	crew
BROWNIE MIX	1	packet	crew

NORTHERN TIER 14-NIGHT TRIP TRAIL MENU

CONDIMENTS

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

ESSENTIALS Please use your own discretion based on crew size and trip length

- | | | | | |
|-------|-------------------------|---|---------|-------------|
| _____ | TOILET PAPER | 1 | rolls | day |
| _____ | FEMININE BAGS | 1 | bag | female food |
| _____ | LINER BAG FOR FOOD PACK | 1 | bag | pack |
| _____ | BANNOCK | 2 | bags | crew |
| _____ | FISH FRY | 1 | box | crew |
| _____ | POPCORN | 1 | bag | crew |
| _____ | PARKAY BUTTER | 1 | bottle | crew |
| _____ | FRESH ONION | 1 | onion | crew |
| _____ | CANOLA OIL | 2 | bottles | crew |
| _____ | SUGAR-WHITE | 1 | bag | crew |
| _____ | SUGAR-BROWN | 1 | bag | crew |
| _____ | SUGAR-POWDERED | 1 | packet | crew |
| _____ | POWDER EGG | 1 | packet | crew |
| _____ | DRIED MILK | 1 | packet | crew |
| _____ | FRESH GREEN PEPPER | 1 | pep | crew |
| _____ | FRESH POTATO | 3 | tater | crew |
| _____ | WILDERNESS COOKERY BOOK | 1 | book | crew |

BEVERAGES

- | | | | | |
|-------|------------------|---|---------|---------|
| _____ | COFFEE (REGULAR) | 2 | packets | per day |
| _____ | COFFEE (DECAF) | | | |
| _____ | TEA (REGULAR) | | | |
| _____ | TEA (DECAF) | | | person |
| _____ | HOT CHOCOLATE | 1 | packet | person |
| _____ | APPLE CIDER | 1 | packet | |
| _____ | SUGAR PACKETS | | | |
| _____ | CREAMER PACKETS | | | |
| _____ | SWEET N LOW | | | |



We're all packed and ready to go!
Crew Number
Interpreter Signautre
Commissary Signautre