

		MENU PLANNER			
CAR 1: Uncle Mas, Les CAR 2: Lindsay, Len, Kimiko	DAY 1 FRIDAY CAR CAMP BASE	DAY 2 SATURDAY PADDLE DAY	DAY 3 SUNDAY EXPLORE DAY	DAY 4 MONDAY PADDLE DAY	
BREAKFAST DRINKS CARBS PROTEINS FATS VEG/FRUITS		<u>START OF CANOE TRIP</u> AT RESTAURANT INSIDE THE PORTAGE STORE	Coffee, tea, crystals, water Apple or banana pancakes	<u>FINAL DAY</u> Coffee, tea, crystals, water Oatmeal, instant	
SNACK DRINKS CARBS PROTEINS FATS VEG/FRUITS		<u>VOYAGEUR BREAK</u> CANTEENS: crystals or water Trail mix, granola bars	<u>VOYAGEUR OR HIKER BREAK</u> Same as before	<u>DECAMP</u> Same as before	
LUNCH @12:00 PM DRINKS CARBS PROTEINS FATS VEG/FRUITS	<u>CAR 1: ROAD TRIP</u> Soft drinks Onigiri Ribs Ribs Carrot sticks	<u>HOT/COLD* or SHORE LUNCH</u> CANTEENS: crystals or water Saporo*, crackers Cheese, jerky Carrots, apples	<u>HOT/COLD* or SHORE LUNCH</u> CANTEENS: crystals or water Saporo*	<u>VOYAGEUR START: departure</u> CANTEENS: crystals or water	
SNACK DRINKS CARBS PROTEINS FATS VEG/FRUITS	<u>CAR 1: ROAD TRIP</u>	<u>VOYAGEUR BREAK</u> Same as before	<u>VOYAGEUR OR HIKER BREAK</u> Same as before	<u>VOYAGEUR BREAK</u> Same as before	
DINNER DRINKS CARBS PROTEINS FATS VEG/FRUITS	<u>CAR 2: ROAD TRIP</u>	<u>FRESH, FROZEN</u> CANTEENS: crystals or water Baked potatoes Boneless steaks	<u>NON-PERISHABLES</u> CANTEENS: crystals or water	<u>ALL CARS: ROAD TRIP</u> AT RESTAURANT INSIDE THE PORTAGE STORE	
LATE SNACK	<u>CAR 2: ROAD TRIP</u> <u>CAR 1: Car Camp - left overs</u>	<u>IN CAMP</u>	<u>IN CAMP</u>	<u>ALL CARS: ROAD TRIP</u>	

NOTES BREAKFAST: No later than 8:00 AM start DINNER: No earlier than 4:00 PM start

VOYAGEUR START: All times moved earlier by 1 hour.

SHORE LUNCH: Quick & easy, no cooking, cold drinks with one exception hot tea on cold days. Very little unpacking & clean up.

* HOT/COLD LUNCH: May include cooking, eg. Soups and/or quick boil or quick fry (no grease) on stove - if lots of time available.

VOYAGEUR BREAK: Two types: On Water "Rafting Up" or On Shore End of Portage

HIKER BREAK: for exploratory hiking

LATE SNACK: IN CAMP: keep to minimum clean up, & must be before hoisting food packs into tree