

Juan De Fuca Marine Trail Menu outline ***Students please complete and return to Mr. Pontalti

Cooking Group: Names _____

	Breakfast	Lunch	Dinner
Day 1 Tuesday – on route driving to Trail head. 2.5 KM or 9km hike to camp site. Carrying Full packs	Eat at home before you leave	Buy on route or bring a bag lunch.	Make it Quick/easy to prepare no cooking required
Day 2 Wednesday – simple breakfast. Backpacking to Bear Beach or exploring on and around Bear Beach. Late afternoon or early evening 2 hour hike (full packs)to Hwy 14 and then taking bus to Sombrio Beach.			
Day 3 Thursday at Sombrio Beach, Explore and Solo day Gourmet meals (can be heavy)			
Day 4 Friday 18 km Hike day packs to Botanical beach Quick breakfast and a good non cook lunch, for supper we will be back at Sombrio Beach.			
Day 5 Saturday Driving back to Kelowna	Quick Breakfast as we have a Ferry to catch	Buy on route or bring a no cook lunch.	Buy on route or bring no cook dinner.

*Pack meals that are nutrient rich and light weight, dinners may be a bit heavier other than the first night as dinners can be left in vehicles and will not need to be carried in your back pack. We will have access to water a short hike from our camp. Water will need to be filtered or boiled, Mr. Pontalti will supply a water filter for group use. Plan on cooking on stoves as we may or may not have a fire.