

# Winter Camping Trip

## Food prep / menu planning considerations

\*You will be snowshoeing for about 1 hour to reach the location where we will build our snow shelters. You may melt snow and boil it for clean drinking water or pack in 4 liters of water per person. Come prepared to carry all your gear with you fitting it into one duffel bag or backpack. (be certain all your gear fits in your backpack or into a duffel bag and that you can carry or sled it behind you as you walk). You are responsible for planning, purchasing and preparing your own meals, partner up (your choice) with a friend or two to make meal prep easier. I would like you to bring me your proposed menu for me to check over, see schedule for deadline and equipment check deadline. I want to check it over before you purchase your food, please list members of your cooking group at the top of the menu. You will work in groups of two to build shelters.

You will need one dinner, two lunches, and one breakfast

### Breakfast:

Dried hot cereals, granola, or instant oatmeal, consider adding extra raisins, nuts, brown sugar and dried fruit for a quick and easy breakfast to prepare. May also consider adding some coconut oil to your cereal to up the calorie count. Eggs cracked into a freezer Zip-Loc bag can be frozen at home and boiled in the zip-loc for a no mess egg breakfast (consider adding precooked bacon, peppers etc. to the bag for an omelet in a bag!). Crackers with peanut butter, find the peanut butter powder (natures fare) and you just add water to make it a paste so you don't have to worry about the peanut butter freezing.

### Lunch:

Pita bread, or crackers topped with pre-cut cheese and meat will work even if they get frozen in the cold winter weather. Best option is to bring lots of lunch snacks and to be snacking while you are on the move, Jerky, trail mix, nuts, pre-slice energy bars into small pieces for what may become frozen chewy snacks. The dry style (not chewy) granola bars are better as they are less likely to become a frozen block of hard to chew granola. Crackers with powdered peanut butter.

### Dinner:

Start off your dinner with a nice packaged soup, and while you're eating/drinking your hot soup make your main course

– Pasta or rice with precooked chicken chunks and a powdered sauce.

-Instant potatoes can be added to a soup add chunks of precooked chicken or beef- a good hearty gloopy meal!

-Boil in a bag meals are easy and quick options

-Lipton side-kicks or equivalent with added precooked meat

-Pre made Tin foil dinners (1/3 pound ground beef and spices formed into a ball, cut up carrots, onion and potatoes and wrapped all together in three layers of tin foil and frozen) \*Need to be cooked in the fire. Fire building in the winter is work- digging out a fire pit, collecting firewood, lighting the fire and tending the fire to make a nice coal base for cooking on.

-Dehydrated prepared meals, just add hot water to the bag. Super easy but not as tasty or satisfying.