

Lunch: Provides high carbohydrate energy
Requires minimum amount of preparation
Foods: Hard Fortified Crackers
Spread for Crackers (*carry close so it doesn't freeze*)
Fruit drink
Hot Soup
Fruit
Trail snacks

Dinner: Provides adequate calories to weather the night Highest amount of Protein

Foods: Hot Main Dish
One Dish Meal, Retort Meal, Freeze Dried Meal
Includes: Starch: rice, noodles, potatoes Sauce: meat broth, gravy Meat: beef,
ham, chicken
Fresh or Freeze Dried Vegetables
Crackers or Rolls
Fruit Drinks
Hot Drinks
Dessert: Puddings, cakes, cookies, cheese cakes With Hot Sauce.

Food Prep:

Stainless Bowls Clean up Easy.
Use insulated Cups and Bowls
Use Camp Stoves and Ovens
3 to 4 quart pots with lids
Matches and lighters that work when cold
Extra Stove Fuel

If you liked today and want to learn more sign up for the **Okpik cold weather camping Program** offered every other year. Inquire with Council or Oren at Paths Peak and Paddles.