

Suggested Trek Food and Menu Planning

Dear Parents and Trekkers,

Satisfied tummies make for a more successful and enjoyable Trek journey. Trekkers will be able to travel the long daily distances having eaten a well-balanced breakfast and lunch. A warm, tasty dinner finishes a day of long hiking, replenishes tired muscles, and soothes a homesick soul. For the health of your child and the safety of the group, please choose balanced meals, include protein at every meal, and pick foods that your child will eat.

Whit's Warehouse carries just about everything you need for the Trek. It will be open before and after school everyday until the trip

This letter covers food choices, meal planning, meal preparation, and equipment. The information and suggestions given are based on years of experience. We will cover this information in our trip prep classes, but your Trekker will also need your assistance at home. **Please read carefully with your student to help provide them with good meals and appropriate equipment.**

Fill in, sign, and return the cook group and stove information form at the end of this letter.

Basic Guidelines:

- Choose lightweight foods. Cans and bottles are not allowed.
- No refrigeration (ice chest) allowed or available.
- All trash generated will have to be carried out. **Limit waste.**
- Choose food that keeps well and is easy to cook.
- Read cooking directions with your child.
- Put all food in one drawstring bag with name. Food bags will be stored in trailers to keep bugs and animals away.
- Lunches are non-cook.
- Lighters for stoves will be provided. Do not pack matches or lighters.
- **Name on everything!**

Food Choices

- Food choices are listed on the spreadsheet attached. They are divided into protein, carbohydrates, fruits/veggies, and drinks for 3 meals and snacks.
- **DO NOT BRING FOOD NOT TRIED AT HOME!** Especially new foods and Whit's Warehouse foods. "Couscous? I wonder if I'll like that?" The trip is not the place to try a new food.
- **No candy.**
- Do not pack extra food.
- Each meal needs a protein.
- Too many sugars and carbohydrates increase fatigue and hunger in a short period of time.
- No big bags of anything.

Preparation Tips

- Divide food into serving sizes. Re-package foods in zip lock bags **along with cooking directions.** (Reduces trash and space.)
- Pack oil and butter in leak proof containers.
- Pre cut, grate, dice, and slice meats, cheese, and veggies. (Minimizes cutting accidents.)
- Include all ingredients necessary for meal.
- Freeze pre-cooked foods to thaw. (for first night ONLY)

Cooking Gear

Each student will need:

- Cup, bowl, plate (non-breakable)
- Knife, fork, spoon (not plastic picnic ware)
- Two 2-1/2 gallon containers of water.

Each cook group will need:

- Food and menus
- Stove (no white gas or alcohol stoves)
- Fuel
- Pots and pans (be sure they fit stove burner) with removable handle
- Utensils for cooking (large spoon, plastic or teflon spatula, etc.)
- Hot pad
- Scrubby
- Camp Suds/Biodegradable soap

Cooking Gear Suggestions

- Cook group members should share the cost of stove and fuel.
- No plastic picnic utensils.
- Stoves will not hold large pots/pans. Be sure cookware fits on the stoves.
- Bring hot pads, not mitts.
- Take a few extra zip lock bags.

Fill In and Return to Group Leaders

My name is _____.

My cooking partner is _____.

Fill in which cooking partners will be responsible for bringing these items.

Stove _____

Fuel _____

Cooking pots/pans and cooking utensils _____

Scrubby and soap _____

Parent Signature _____