



Algonquin Menu Ideas



Remember we are going to burn at least 2000 calories a day with our hard work. Your body needs probably 1500 calories on a normal day, so it is all about feeding the portage engine!!

Fluids **are** essential. Bring a water bottle with you!!

- Avoid bringing the packaging that goes with your food. Leave it at home OR it get packed out and/or burnt in the campfire.
- Absolutely **NO** cans and glass bottles. Tupperware, ZIPlock baggies, Nalgene containers are good alternatives.
- You can freeze cooked food (eg., pasta sauce, etc.) or raw meats, then wrap them in newspaper and keep them in the bottom of your food packs. Your frozen food will take about 1 to 2 days to thaw and should be consumed immediately afterwards. **Nothing frozen should be consumed after day 2!!**
- Bagels, pitas, whole grain crackers last a long time on trip; bring them!
- Cheese (wrapped in vinegar soaked new J-clothes and packed in a ZIPlock), peanut butter (be aware of any allergies), and mini baby-bells will last the duration of our canoe trip.
- Homemade dehydrated food tastes great and weighs next to nothing!
- Junk food takes up space and are a waste of calories.
- Trail mix and GORP (good ol' raisins and peanuts) can be bought at most grocery stores and is great.
- Bulk Barn (Trenton, Belleville, or Cobourg) is an awesome source for trip food!
- You really don't need a full utensil kit. A bowl can double as a plate and a spoon can act as fork, etc.
- You **are** allowed to bring a 'Swiss Army' type of knife for basic cutting purposes. However, a 'RAMBO survival against all odds' 6+ inch hunting knife **should be** left at home with your hunting gear!!
- Crystal Light juice crystals taste great and take up next to no space in your pack.
- Extra water pills would be a good thing to throw into your pack (just in case!).
- Pasta dishes work well, but you have to keep in mind that you will require a large pot/strainer. Spillage keeps bears happy!
- Spicy foods tend to keep you thirsty.
- Everyone should bring matches that are to be used for stoves and campfires **ONLY!!**
- Don't forget fuel (either liquid or canisters of propane).

"If we had some ham, we could have ham and eggs.....If we had eggs."

From "Eiger dreams" by John Krakauer

