The key to packing food for this trip is to have food that will give you energy to sustain the rigors of the trip. Food needs to be non-perishable, light, and something enjoyable. You will need a total of four breakfasts, four lunches and snacks. Here are some basic dos and don’ts that might help get you on the right path to do some shopping. Bring things that will not be ruined in a backpack or duffel bag. For example, it is hard to do harm to pita bread, whereas wonder bread can virtually disappear. Don’t bring Unsweetened Kool Aid Powder ...it’s really bitter. Fresh fruit is OK for the first day, but is heavy and doesn’t travel well. Dried fruit provides necessary vitamins and fiber. Think about the weight of food when hiking. Backpacks get heavy quickly once group gear is added to it. There is much more flexibility with weight when canoeing.

**Breakfast**

- Dried Cereal
- Cereal bars
- Pita bread
- Bagels
- Peanut Butter Packets
- Go-Gurt (it can last for a day without refrigeration)
- Dried Fruit or Fruit Rolls
- Applesauce... to wet the whistle

**Lunch**

- Beef Jerky or Summer Sausage
- Tuna Packets (not cans) - individual Mayo packets from the deli section optional
- String Cheese
- GORP (good ol’ raisins & peanuts or Chex Mix or similar)
- Lunchables
- Dried Fruit or Fruit Rolls
- Cookies/ Animal Crackers

**Snacks**

- Cheez Its, Goldfish, Triscuits
- Life Savers or Jolly Ranchers
- GORP (good ole’ raisins & peanuts or chex mix or ...)
- Dried Fruit or Fruit Rolls
- Gatorade/ Kool Aid powder (hiking) or Mini juice boxes (canoeing only)

Everyone has their likes and dislikes, so the hope is that you can use some of these suggestions to help guide you in your selection process.