

CANADIAN BORDER OUTFITTERS

Explorer Menu Planner

You can build your own menu to your group's preferences! Please indicate in the boxes on the left side how many meals of each item you'd prefer (except the 3 fresh entrée dinners which may be chosen only **once each**). We recommend no more than 3 days of fresh eggs and fresh meats for breakfasts and lunches.

If you'd prefer us to design your menu, please fill out the beverages/spices sections; feel free to make notes to give us some ideas of your meal preferences!

Breakfast on the first day of your trip and dinner the last day of the trip are not included .. so, for example, on a 5-day trip select 4 breakfasts, 5 lunches and 4 dinners. There are some helpful hints and a sample menu planner on the second page at the bottom. Please call if you have any questions.

BREAKFASTS

- FRESH eggs
- BWCA Breakfast Muffins (egg, sausage, muffin)
- scrambled egg mix
- bandito scrambled
- spicy cheese omelet
- French toast (white, wheat, or lympa rye bread)
- buttermilk pancakes
- blueberry pancakes
- instant oatmeal (regular, spice, or fruit/cream)
- quick breakfast: granola cereal w/milk
- quick breakfast: breakfast bars
- quick breakfast: English muffins

SIDE DISHES

Side Dish Choices: maple syrup, hash browns, hash browns with peppers & onions, bacon, roast beef hash, sausage, ham, jelly, raisins, applesauce, powdered milk, OJ

LUNCHES (each lunch also includes a "snack")

- salami (and cheese) sandwiches on (bread choice): _____
- American cheese sandwiches on (bread choice): _____
- tuna fish sandwiches on (bread choice): _____
- peanut butter & jelly sandwiches on (bread choice): _____
- oriental style chicken salad (bread choice): _____

- hot lunch: split pea soup
- hot lunch: beef ramen noodle soup
- hot lunch: chili (with crackers)
- hot lunch: chili mac (with crackers)
- hot lunch: chicken ramen noodle soup

Bread Choices: white bread, wheat bread, Swedish lympa rye bread, pita pockets, tortillas, Rye-Krisp, saltine crackers, snack crackers

trail lunch: _____

trail lunch: _____

trail lunch: _____

Trail Lunch choices (pick 2-3 items per lunch): gorp, beef & cheese sticks, summer sausage, granola bars, energy bars, beef jerky, cheese spread & crackers

DINNER ENTREES (choose *fresh* entrees only once each)

<u>Fresh Entrees</u>	<u>Poultry Entrees</u>	<u>Beef Entrees</u>
Hamburgers	Wild Tyme Turkey	Mexican Chicken & Rice
Sirloin Steak	Fettuccini Alfredo with Turkey	Texas BBQ Chicken
Ham Steak	Turkey with Mashed Potatoes & Gravy	Chicken Primavera
	Turkey Supreme	Chicken & Noodles
	Sierra Chicken	Chicken Rotelle
	Chicken and Rice	Teriyaki Chicken
	Chicken with Mashed Potatoes & Gravy	Almond Chicken
	Oriental Chicken & Vegetables w/Rice	

ENTRÉE CHOICE	SIDE DISH	VEGETABLE CHOICE	DESSERT CHOICE
Dinner 1)			
Dinner 2)			
Dinner 3)			
Dinner 4)			
Dinner 5)			
Dinner 6)			
Dinner 7)			

Side Dish/Vegetable Choices: mac & cheese, garlic mashed potatoes, corn, carrots, green beans, peas, peas & carrots, southwestern corn (w/onions & peppers), Sicilian medley (broccoli, corn, peppers, tomato, onion)

Dessert Choices: chocolate pudding, mocha mousse pie, rice pudding with raisins, fruit cobbler, apple cobbler, raspberry cobbler, blueberry cobbler, lemon pie, apple brown betty, applesauce, chocolate peanut butter pie, apple d'lite

BEVERAGES
(specify quantity *per day* for the group preferences)

- ___ ground coffee – makes 8 cups
- ___ regular ___ decaf
- ___ instant coffee – single serve
- ___ regular ___ decaf
- ___ sugar – single serve
- ___ Sweet & Low – single serve
- ___ creamer – single serve
- ___ tea bags ___ regular ___ decaf
- ___ apple cider – single serve
- ___ apple cider – sugar free single serve
- ___ hot chocolate – single serve
- ___ hot chocolate – sugar free single serve
- ___ Kool-Aid/fruit drinks (specify # cups per day)
- ___ Kool-Aid with Nutra-Sweet (specify # cups per day)

STAPLES
(always packed)

- salt & pepper
- margarine
- trash bags
- hand soap
- SOS
- toilet paper
- aluminum foil
- matches
- paper toweling
- Handi-Wipes
- potholder
- extra snacks
- firestarter

OPTIONAL ITEMS
(check your preferences)

- ___ fish breading # meals planned: ___
- ___ vegetable oil
- ___ Miracle Whip
- ___ mayonnaise
- ___ mustard
- ___ ketchup
- ___ tartar sauce
- ___ pickle relish
- ___ marshmallows
- ___ Raid
- ___ individual qt water bottles ___ # needed
- ___ water purification tablets

SPICES
(check your)

- ___ seasoned salt
- ___ garlic powder
- ___ onion powder
- ___ Cajun seasoning
- ___ lemon pepper
- ___ cayenne pepper
- ___ BBQ sauce
- ___ A-1 steak sauce
- ___ lemon juice
- ___ honey
- ___ fresh onion

Party Leader: _____

Group Size: _____

Special Instructions/Needs??

IMPORTANT: You'll need to provide us with a completed menu at least two weeks prior to your arrival date. Please submit by mail (14635 Canadian Border Road, Ely, MN 55731), fax (218-365-5847), e-mail (cbo@canoetrip.com) or phone (800-247-7530). Last minute changes in group

size can always be accommodated. Our repacking fee is \$25 per travel group.

HELPFUL HINTS

Your food pack will not include a breakfast for your first day and will not include a dinner for your last day. Here's a sample menu for a 5-day trip .. 4 breakfasts, 5 lunches, 4 dinners:

BREAKFASTS

- 2 FRESH eggs
- 1 BWCA Breakfast Muffins
- 1 buttermilk pancakes

SIDE DISHES

- bacon, hash browns with peppers & onions, OJ
- OJ
- maple syrup, bacon, OJ

LUNCHES (each lunch also includes a "snack")

- 1 sliced salami (yes and cheese) sandwiches on (bread choice): lympa rye)
- 1 hot lunch beef ramen noodle soup
- 1 trail lunch: summer sausage, cheese spread, on tortillas
- 1 trail lunch: beef jerky, granola bars
- 1 trail lunch: beef & cheese sticks, energy bars, gorp

	DINNER ENTREES	SIDE DISH	VEGETABLE CHOICE	DESSERT CHOICE
Dinner <u> 1 </u>	<u>hamburgers</u>	<u>mac & cheese</u>	<u>green beans</u>	<u>apple d'life</u>
Dinner <u> 2 </u>	<u>sirloin steak</u>	<u>garlic mashed potatoes</u>	<u>corn</u>	<u>raspberry cobbler</u>
Dinner <u> 3 </u>	<u>ham steak</u>	<u>none</u>	<u>peas & carrots</u>	<u>rice pudding</u>
Dinner <u> 4 </u>	<u>wild tyme turkey</u>	<u>none</u>	<u>Sicilian medley</u>	<u>chocolate pudding</u>

Some ideas for saving weight & bulk in the food pack

1. For breakfasts, orange juice, pancakes and maple syrup items have the most weight.
2. Plan on quick breakfasts that require no cooking (or just hot water) and almost zero-clean-up time.
3. Crackers and tortillas weigh less and take up less space than loaves of bread. Consider having the tuna fish sandwiches (for example) in a tortilla wrap!
4. For dinners, desserts are generally heavy .. consider not carrying a dessert for every meal.
5. For beverages, regular Kool-Aid and hot chocolate weigh a lot more than the Kool-Aid with nutra-sweet and the apple cider. For example, 2 cups of hot chocolate per day per person for a 7-day trip for 4 people is 56 packets which weighs about 3.5 pounds!

Please call if you'd like to discuss other ideas on minimizing the food pack weight.



CANADIAN BORDER OUTFITTERS

Explorer Gear Guide

To customize your equipment to your crew's needs,
please provide us some additional information
on the items below.

Tent preferences

- # of 4-man tents
- # of 6-man tents

Sleeping bag preferences

- # of regular length
- # of tall length (6'0+)

Stove options

- Single burner
- Double burner

Water Purification preference

- Tablets (free)
- Water Filter (\$3.50/person/day)

Optional Items

(no additional charge)

- Ponchos
- Anchor bag
- Fish cleaning board
- Fish net
- Rod holders
- Ground cloth
- Bait container
- Cots
- Folding chairs
- Folding table
- Solar shower
- Screen tent
- Lantern
- 2-gallon water container
- Camp pillow

Additional Items *(additional charge)*

Due to limited supply, advance reservation is appreciated.



GLOBALSTAR SATELLITE PHONES

\$25/day or \$100/week, usage additional \$3/min

While a cellular phone coverage can be unreliable in the Northwoods, a satellite phone can provide an additional measure of security should an emergency arise.



SPOT SATELLITE TRACKER

\$12/day or \$72/week

The Spot Satellite Tracker is a state-of-the-industry hi-tech communication and navigation aid that charts your travels via GPS, emails your waypoints to friends and co-workers via Google Maps, alerts CBO to changes in your schedule or itinerary, and alerts emergency responders to your pinpointed location for needed assistance via 911. Spot has revolutionized safety in travel and is extremely lightweight at only 7.37 oz.



GPS UNITS

\$15/day or \$90/week

Our GPS units come preloaded with up-to-date map software. Use the unit to mark waypoints for easy returns back to your campsite, a hidden portage, the tow boat pickup or back to CBO. If base camping, use it to mark your fishing spots for the next day's adventure!



CRAZY CREEK CANOE CHAIRS

\$3/day

Our most popular canoe accessory! Paddle all day in comfort. With the thick, padded seat plus welcomed back support. Adjustable for a variety of seating positions. And it doubles as a nice around-the-camp chair.

Other Items Included: Nesting pots, lexan dinnerware, cooking and eating utensils, griddle/fry pan, boiler or coffee pot, trowel and fire grate (Canadian trips), kitchen tarp, packs with padded shoulder straps for gear, food & personal items, thermarest self-inflating mattress, saw/hatchet, bear rope pulley system, and 50' parachute cord.

