



CANADIAN BORDER OUTFITTERS

Expedition Elite Menu Planner

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.

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

Party Leader: _____

Group Size: _____

Special Instructions/Needs??

BEVERAGES, STAPLES AND SPICES

BEVERAGES

(specify quantity per day for the group)

- ___ 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 __ herbal
- ___ 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

OPTIONAL ITEMS

(check preferences)

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

SPICES

(check preferences)

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

Helpful Hints:: 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! We recommend a MINIMUM of 2 cups of liquid per person per meal PLUS at least 4 cups of liquid during the day.



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Lunch Choices

NOTE: All lunches include a "snack" .. cookies, hard candy, dried fruits, gorp/trail mix, etc.

QUICK SANDWICH LUNCHES

- FRESH luncheon meats (cheese _____) on (bread choice): _____
- salami (cheese _____) on (bread choice): _____
- American cheese (grilled or cold) on (bread choice): _____
- tuna fish sandwiches on (bread choice): _____
- peanut butter & jelly sandwiches on (bread choice): _____
- chicken salad on (bread choice): _____
- chicken almond salad with crackers
- oriental style salad with crackers
- cold pasta salad

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

Cheese Choices: Colby, Cheddar, Co-Jack, Pepper Jack

TRAIL LUNCHES

Pick 2-3 items per lunch: gorp, fruit nibbler gorp, beef & cheese sticks, summer sausage, granola bars, energy bars, beef jerky, cheese spread, snack crackers, saltines, Rye-Crisp, raisins, dried fruit

- trail lunch: _____
- trail lunch: _____
- trail lunch: _____

HOT LUNCHES

- split pea soup
- Beef ramen noodle soup
- Chicken ramen noodle soup
- Oriental ramen noodle soup
- chili (with crackers _____)
- chili mac (with crackers _____)
- potato & cheddar soup
- hillbilly stew (vegetarian)
- vegetarian chili
- minestrone soup (good as fish stew too)

Note: dinner entrees (except fresh meats) can also be chosen for a hot lunch

Helpful Hint: 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!



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Dinner Choices

FRESH DINNER ENTREES (max. 3 please)

FRESH – ½ lb hamburger
FRESH – 12 oz rib eye steak
FRESH – 6 oz ham steak
FRESH – smoked sausage
FRESH – chicken breast – boneless
FRESH – hot dogs or brats

SIDE DISHES to be added to FRESH ENTREES (if you wish)

monterey pintos & rice, red beans & rice, black beans & rice, curried rice
macaroni & cheese, buttered noodles
garlic mashed potatoes, hash browns, hash browns with onions & peppers,
mashed potatoes, diced potatoes, Indian bread, honey cornbread
(or add a hot soup from the lunch menu)

BEEF ENTREES

beef stroganoff over noodles
beef stroganoff over wild rice
beef rotini in marinara sauce
mashed potatoes with beef and onion
beef tamale pie
pepper steak over seasoned rice
Mexican beef & rice
beef enchilada
chili or chili-mac

VEGETARIAN ENTREES

three cheese lasagna
mushroom pilaf with vegetables
spaghetti marinara with mushrooms
spicy thai peanut
fettuccini primavera
sundried tomato pasta
spaghetti marinara
Himalayan lentils & rice
macaroni & cheese
vegetable curry & rice
cheese enchilada
zucchini lasagna
black beans & rice
red beans & rice
Thai Noodles

SEAFOOD ENTREES

shrimp newberg
Cajun salmon
pesto salmon pasta

POULTRY ENTREES

fettuccini alfredo with turkey
homestyle turkey with mashed potatoes
BBQ chicken over rice
almond chicken over couscous
chicken & brown rice
chicken & noodles
chicken primavera
chicken with rotelle noodles
Dijon chicken over brown rice
chicken teriyaki over rice
homestyle chicken with mashed potatoes
pineapple orange chicken over rice
sierra chicken, mushrooms & peppers over pasta
honey mustard chicken over rice
kung pao chicken with pasta (has peanuts)
mandarin orange chicken over rice
chicken fajitas
chicken & rice

VEGETABLES

corn	peas & carrots
green beans almondine	sicilian medley (broccoli, corn, peppers, tomato)
green beans	garden vegetables (carrots, peas, corn)
peas	

DESSERTS

cinnamon apple crisp	blueberry cobbler	strawberry cheesecake	chocolate cake
chocolate pudding	raspberry cobbler	blueberry cheesecake	apple & spice
gingerbread	blackberry cheesecake	chocolate mud slide pie	apple almond crisp
rice pudding with raisins	chocolate peanut butter pie	peach crumble pie	banana cream pie
wild rice pudding	lemon pie	apple muffins	three berry cobbler
apple cobbler	apple brown betty	raisin-cinnamon muffins	



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DINNER SELECTIONS

PLEASE INDICATE A SECOND CHOICE ENTRÉE (other than for the FRESH entrees) in case we need to make a substitution. Thanks.

ENTRÉE

SIDE DISH

VEGETABLE

DESSERT

HELPFUL HINTS: To save weight and bulk in the food pack, , desserts are generally heavy .. consider not carrying a dessert for every meal. For fish dinners, the fish breading we use is a very light crumb coating. If you prefer a heavier breading, consider adding a scrambling egg mix for dipping the filets before rolling in the breading. Most of the soups and most of the vegetarian entrees are wonderful with a few cubed fish filets added.

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

- 1st: bacon, hash browns with peppers & onions, OJ 2nd: sausage, diced potatoes, OJ
- OJ
- maple syrup, pineapple 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/2 nd CHOICE	VEGETABLE CHOICE	DESSERT CHOICE
<u>hamburgers</u>	<u>mac & cheese</u>	<u>green beans almondine</u>	<u>apples & spice</u>
<u>rib eye steaks</u>	<u>garlic mashed potatoes</u>	<u>corn</u>	<u>raspberry cobbler</u>
<u>smoked sausage</u>	<u>Monterey pintos</u>	<u>garden vegetables</u>	<u>peach cobbler</u>
<u>fettuccini alfredo with turkey</u>	<u>OR almond chicken</u>	<u>peas & carrots</u>	<u>lemon pie</u>

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.



CANADIAN BORDER OUTFITTERS

Expedition 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+)

Optional Items

FREE with your package

- ___ Silva compass
- ___ Primus/Coleman lantern
- ___ Gerber hatchet w/sheath
- ___ Sawvivor saw w/sheath
- ___ First Need water filter
- ___ Basic first aid kit
- ___ Anchor bag
- ___ Fish cleaning board
- ___ Fish net
- ___ Rod holders
- ___ Ground cloth
- ___ Bait container
- ___ Rain ponchos

Base Camp Optional Items

FREE with your package

- ___ Cots
- ___ Folding chairs
- ___ Folding table
- ___ Solar shower
- ___ Basecamp screen tent
- ___ Camp pillow

Additional Items

Due to limited supply, advance reservation is appreciated.

SATELLITE PHONES

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

While cellular phone coverage can be very unreliable in the Northwoods, our new Irisium satellite phone can provide an additional measure of security should an emergency arise. And it's a convenient way of keeping in touch with those back home.



SPOT SATELLITE TRACKER

FREE with your package!

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

FREE with your package

Our most popular canoe accessory! Paddle all day in comfort with the thick, padded seat plus welcomed back support. It also doubles as a nice around-the-camp chair.



Other Items Included: Nesting pots, lexan dinnerware, cooking and eating utensils stored in a utensil wrap, griddle/fry pan, boiler or coffee pot, Primus super-light stove and fuel, trowel and fire grate (Canadian trips), lightweight dining fly, packs with padded shoulder & hip straps for gear/food/personal items, dry bags for clothing & personal items, under-seat canoe storage bags, thermarest self-inflating mattresses, bear rope pulley system, and 50' parachute cord.