





# CANADIAN BORDER OUTFITTERS

## COLD/QUICK 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): \_\_\_\_\_
- \_\_\_ chicken salad on (bread choice): \_\_\_\_\_

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

## HOT LUNCHES

(each lunch also includes a "snack")

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

## DINNER ENTREES (choose only 3 days of *fresh* entrees only once each)

### Fresh Entrees

- Hamburgers
- Sirloin Steak
- Ham Steak
- Hot Dogs

### Poultry Entrees

- Turkey with Mashed Potatoes & Gravy
- Fettuccini Alfredo with Turkey
- Chicken Primavera
- Chicken with Mashed Potatoes & Gravy
- Chicken & Noodles
- Chicken Fajitas
- Almond Chicken
- Texas BBQ Chicken
- Chicken & Rice
- Chicken w/Rotelle Pasta

### Beef Entrees

- Beef Stroganoff w/noodles
- Mexican Rice with Beef
- Spaghetti
- Beef Enchilada

### ENTRÉE CHOICE

### SIDE DISH

### VEGETABLE CHOICE

### DESSERT CHOICE

- Dinner \_\_\_\_\_
- Dinner \_\_\_\_\_
- Dinner \_\_\_\_\_
- Dinner \_\_\_\_\_
- Dinner \_\_\_\_\_
- Dinner \_\_\_\_\_
- Dinner \_\_\_\_\_

Side Dish/Vegetable Choices: mac & cheese, garlic mashed potatoes, hash browns, diced potatoes, mashed potatoes, corn, green beans, peas, peas & carrots, Sicilian mixed vegetables (broccoli, corn, peppers, tomato)

Dessert Choices: chocolate pudding, rice pudding with raisins, apple cobbler, blueberry cobbler, lemon pie, apple brown betty, chocolate peanut pie



# CANADIAN BORDER OUTFITTERS

## 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

- 1<sup>st</sup>: bacon, hash browns with peppers & onions, OJ 2<sup>nd</sup>: sausage, hashbrowns, OJ
- OJ
- maple syrup, 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 &amp; cheese</u>       | <u>green beans</u>        | <u>apple &amp; spice</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>diced potatoes</u>         | <u>peas &amp; carrots</u> | <u>rice pudding</u>      |
| Dinner <u>  4</u> | <u>chicken &amp; rice</u> | <u>none</u>                   | <u>peas</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.

## 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

### 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 (\$7/day)

#### Optional Items

*FREE with your package*

- 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
- Coleman lantern

#### Additional Items *(additional charge)*

*Due to limited supply, advance reservation is appreciated.*



#### SATELLITE PHONES

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

*While a cellular phone coverage can be very unreliable in the Northwoods, our Iridium satellite phones 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.