



CANADIAN BORDER OUTFITTERS

Nonprofit Group Menu Planner

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. Please call if you have any questions. [Please fill out a separate planner for each travel crew.](#)

Nonprofit Organization: _____

Party Leader: _____ **Crew Size:** _____ **adults** _____ **youth**

Special Instructions/Needs??

EXTRA 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
- ___ hot chocolate

STAPLES

(always packed)

- salt & pepper
- margarine
- trash bags
- hand soap & dish soap
- SOS & handi-wipes
- toilet paper
- aluminum foil
- matches
- paper toweling
- potholder

OPTIONAL ITEMS

(check preferences)

- ___ fish breading # meals planned: _____
- ___ vegetable oil
- ___ Miracle Whip
- ___ mayonnaise
- ___ mustard
- ___ ketchup
- ___ tartar sauce
- ___ fresh onion
- ___ marshmallows
- ___ individual qt water bottles _____ # needed

SPICE

(check preferences)

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

BREAKFASTS

all breakfasts include *orange drink*

- ___ FRESH eggs, bacon, hashbrowns
- ___ BWCA Breakfast Muffins (egg, sausage, English muffin)
- ___ scrambled egg mix with bacon bits
- ___ cheese omelet w/ onions & peppers, diced potatoes
- ___ French toast (white, wheat, or Lympa rye bread), maple syrup, applesauce
- ___ blueberry pancakes, bacon, maple syrup
- ___ instant oatmeal, raisins
- ___ quick breakfast: breakfast bars

NOTE: We recommend no more than 3 breakfasts with fresh meats.

DINNERS

all dinners include *fruit drink*

- ___ FRESH burgers, mac & cheese, green beans, chocolate pudding
 - ___ FRESH sirloin steak, garlic mashed potatoes, peas & carrots, fruit cobbler
 - ___ FRESH ham, Hash browns, corn, apples & spice
- please choose only **3 days** of **FRESH** entrees only once each

LUNCHES

all lunches include *snacks and fruit drink*

- ___ salami & American cheese sandwiches (bread choice: _____)
- ___ summer sausage & cheese spread in tortilla wraps
- ___ peanut butter & jelly sandwiches (bread choice: _____)
- ___ trail lunch: beef jerky, cheese spread, crackers
- ___ trail lunch: beef & cheese sticks, granola bars
- ___ quick cook: chicken ramen noodle soup
- ___ quick cook: beef ramen noodle soup
- ___ hot chili with crackers

Bread choices: white, wheat, Lympa rye, tortillas (less weight/bulk)

- ___ Beef stroganoff, peas & carrots, apple cobbler
- ___ Mexican beef & rice, corn, chocolate pudding
- ___ Chicken & rice, green beans, apple brown betty
- ___ Chicken & mashed potatoes, corn, rice pudding
- ___ Turkey Alfredo, peas & carrots, chocolate pudding



CANADIAN BORDER OUTFITTERS

Nonprofit Group 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

(no additional charge)

- Ponchos
- Fish cleaning board
- Fish net
- Tent ground cloth

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 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, dinnerware, cooking and eating utensils, griddle/fry pan, boiler or coffee pot, 2-gallon water container, trowel and fire grate (Canadian trips), kitchen tarp, packs with padded shoulder straps for gear, food & personal items, saw/hatchet, bear rope pulley system, and 50' parachute cord.

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.