9th Pathfinders - Newcastle Island Camp

Meal Planning Example

Patrol Members: Patrol of Two Guiders

Fill out this template with your patrol to plan your camp menu! Remember, you’ll be eating more on the trail than you normally would, so pack generous portion sizes. Pack things you’re going to love to eat, for fun and comfort!

Packing meals in Ziplock freezer bags, labeled by day, for ease of packing and identifying on the trail. If you’re buying large packages in advance, pack individual meals and snacks in smaller Ziplock bags for individual portion control and planning on the trail.

Also, it’s best practice to pack one extra meal in case of emergency. A non-perishable, light meal such as a Sidekick or backpacking meal plus snacks is a good option for this.

Check the Pathfinder website for examples on how to plan your meals, and links to menu ideas on the “Resources” page!

Saturday

|  |  |  |  |
| --- | --- | --- | --- |
| *Meal* | *What’s on the menu?* | *Details - be specific! Measure and pack specific serving sizes wherever possible!* | *Who’s Buying/Preparing and Packing it?* |
| Lunch | Bagel sandwich with cheese, cucumber, in a ziplock bag  Granola bar and piece of fruit  Juice box | Everyone pack their own lunches  Pack in daypacks  Snacks also available on the ferry | Everyone to bring their own lunch |
| Dinner | Chili (dehydrated)  Coleslaw (fresh)  Cheddar cheese (for topping) | 1.5 c. chili (pre-made at Pathfinders) per person  2 small cheddar cheeses  2 c. coleslaw (pre-shredded or bagged)  4 tbsp salad dressing (in small Nalgene container) | We’ll be making chili at a meeting. Karla to pack chili for everyone! |
| Mug-up | Hot chocolate  1 snack (from below) | 2 servings hot chocolate  2 snacks | Karla to pack hot chocolate for everyone! |
| Snacks (individual) | 2 sticks turkey jerky  Electrolyte water  Granola bar | 2 jerky sticks  1 tube Nuun from MEC  1 granola bar | Everyone buy their own snacks! |

Sunday

|  |  |  |  |
| --- | --- | --- | --- |
| *Meal* | *What’s on the menu?* | *Details - be specific! Measure and pack specific serving sizes wherever possible!* | *Who’s Buying/Preparing and Packing it?* |
| Breakfast | Instant oatmeal  Add raisins and other fruit!  Hot drink | 2 packets of oats per person = 4 packets  ¼ c. raisins packed in a Ziplock  4 x instant coffee | Christa |
| Lunch | Bagel sandwich with mini cucumber, Babybell cheese  Granola bar  Dried fruit | 2 bagels  4 Babybell cheeses  2 mini cucumbers  Everyone pack their own snacks! | Christa |
| Dinner | Veggie stir fry with noodles  Instant miso soup | 1 c. dehydrated veggies  1 c. dehydrated textured soy protein or tofu  1 packet teriyaki or other sauce  2 individual packs udon noodles  2 packets instant miso soup | Karla |
| Mug-up | Hot chocolate  1 snack (from below) | 2 servings hot chocolate  2 snacks | Everyone buy their own! |
| Snacks (individual) | Trail mix  2 sticks turkey jerky  1 babybell | 1 c. of “DIY” trailmix per person, mixed to your own tastes! | Everyone buy their own snacks! |

Monday

|  |  |  |  |
| --- | --- | --- | --- |
| *Meal* | *What’s on the menu?* | *Details - be specific! Measure and pack specific serving sizes wherever possible!* | *Who’s Buying/Preparing and Packing it?* |
| Breakfast | Sunrise spuds  Hot drink | 2 cups instant mashed potatoes  1 small pkg bacon bits  3 tbsp freeze dried chives  4 x instant coffee | Karla |
| Lunch | Buy lunch on the ferry  1 snack (from below) | Bring $12-$15 if you plan on buying lunch | Everyone buy their own lunches! |
| Snacks (individual) | Trail mix | 1 c. of “DIY” trailmix, mixed to your own tastes! | Everyone buy their own snacks! |