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 bagGranola bar and piece of fruitJuice box | Everyone pack their own lunchesPack in daypacksSnacks 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 person2 small cheddar cheeses2 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 chocolate1 snack (from below) | 2 servings hot chocolate2 snacks | Karla to pack hot chocolate for everyone! |
| Snacks (individual) | 2 sticks turkey jerkyElectrolyte waterGranola bar | 2 jerky sticks1 tube Nuun from MEC1 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 packets¼ c. raisins packed in a Ziplock4 x instant coffee | Christa |
| Lunch | Bagel sandwich with mini cucumber, Babybell cheese Granola barDried fruit | 2 bagels4 Babybell cheeses2 mini cucumbersEveryone pack their own snacks! | Christa |
| Dinner | Veggie stir fry with noodlesInstant miso soup | 1 c. dehydrated veggies1 c. dehydrated textured soy protein or tofu1 packet teriyaki or other sauce2 individual packs udon noodles2 packets instant miso soup | Karla |
| Mug-up | Hot chocolate1 snack (from below) | 2 servings hot chocolate2 snacks | Everyone buy their own! |
| Snacks (individual)  | Trail mix2 sticks turkey jerky1 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 spudsHot drink | 2 cups instant mashed potatoes1 small pkg bacon bits3 tbsp freeze dried chives4 x instant coffee | Karla  |
| Lunch | Buy lunch on the ferry1 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! |