9th Pathfinders - Newcastle Island Camp

Meal Planning Template

Patrol Members: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 |  |  |  |
| Dinner |  |  |  |
| Mug-up |  |  |  |
| 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 |  |  |  |
| Lunch |  |  |  |
| Dinner |  |  |  |
| Mug-up |  |  |  |
| 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 |  |  |  |
| Lunch |  |  |  |
| Snacks |  |  |  |