***Base Camp Box Packing Instructions***

Food: 3 breakfasts, 2 lunches, and an “On the Go” meal

Size: The box containing the food should be plastic and approximately 12 quarts that fits inside your school backpack.

Secure it: Place all the food in plastic bags to protect it from the elements, even plastic boxes can leak after a serious downpour! Tie the plastic box closed with cord, string, or strap (no bungee cords) so it won’t open accidentally.

Supplies: Make sure to pack **plastic forks/spoons/knives/bowl/cup** if you will need them to eat your food. Or a fork/spoon/knife combo tool if you want. Your gow cup is not for Basecamp.



Remember, your base camp box should follow the 3-2-1 rule:

3 - breakfast meals

2 - lunch meals

1 - “On the Go” meal

*(may be an assortment of several food items)*

**>THERE IS NO “SNACK TIME”.**

**ONLY PACK FOR MEAL TIME.<**

\*Place the secured and weatherproofed base camp box into your daypack (small backpack).

***Daypack Packing Instructions***

**Pack these items in your daypack (small backpack) SEPARATE from the base camp box:**

( ) Sunday dinner (sandwich suggested; something which doesn’t need refrigeration or added water)

( ) Prescription medication in a ziplock bag clearly labeled with first and last name

*Medication MUST be in the original packaging from the pharmacy, which includes pharmacy name, doctor’s info, etc.*

**Do not over pack food.**

**Think... do you really want to carry that much?**



***Sunday Bus Ride Food***

**You will carry this food ON THE BUS with you on Sunday**

( ) Sunday lunch (sandwich suggested; something which doesn’t need refrigeration or added water)

( ) Two FULL water bottles

BASE CAMP FOOD SUGGESTIONS

The following foods are **SUGGESTIONS** for meals in the Base Camp portion of Survival. Each student should have food for **3 balanced breakfasts, 2 balanced lunches, and an “On the Go” meal**. The food should be items that can be eaten cold or prepared by adding hot water (such as oatmeal or cup of soup). **It should also be food that will survive a 3-hour trip in a warm panel truck, plus be able to last for 5 days without refrigeration.**

NO GLASS CONTAINERS

NO NUTELLA, CANDY, GUM, CHOCOLATE, FRUIT ROLL-UPS, GUMMY FRUITS, JELLO OR PUDDING, KOOL-AID, LEMONADE, OR INDIVIDUAL DRINK MIX PACKETS, TEA, INSTANT COFFEE, HOT COCOA

WATER IS THE ONLY DRINK!

\*\*Don’t bring complex food or food that takes more than about 5 minutes to be ready.

Cereal/Oatmeal Cup of Soup/

Ramen Noodles

Bagels Peanut Butter

Pita bread Bagged tuna

Crackers Canned meats

Granola/Energy bars Peanut butter crackers

(no chocolate)

Pretzels/Bread sticks Beef jerky

Dried fruit Trail mix

(w/o candy pieces)

Nuts Fruit cups/Canned fruit

(w/pull or peel tops)

\*\*M.R.E.’s (meals ready to eat)

[Dehydrated Hiking meals ($)]

Parmalat milk/Soy milk

Mayo and mustard packets that don’t need refrigeration

**GLUTEN FREE:** **BASE CAMP FOOD SUGGESTIONS**

**GF Oatmeal** (Quaker Oats, Gluten Freeda, Bakery on Main, Nature's Path Organic)

**GF Cereal** (Cheerios, Chex, Organic Arrowhead Mills)

**GF Bread/Bagels** (Canyon Bakehouse, Rudi’s, Glutino, Schar, Udi, Three Baker’s)

**GF Crackers** (Mary’s Gone Crackers, Glutino, Nut-thins, Breton, Back to Nature)

**GF Granola** (Udi, Kind, Bakery on Main, Viki’s)

**GF Granola Bars** (Kind, Larabars, Annie’s Homegrown)

**GF Pretzels** (Snyder’s, Glutino, Gratify)

**GF Noodles** (Rice Ramen, Simply Asia Thai Kitchen, Dr. McDougall’s Soup)

**GF Peanut Butter Crackers** (Lance)

**GF M.R.E.** (Backpacker’s Pantry, Nomad Nutrition)

**Naturally GF:**

* Dried fruit
* Fruit Cups
* Nuts
* Peanut Butter
* Bagged Tuna
* Shelf stable Mayo/Mustard Packets
* Canned Meat
* Trail Mix (no pretzels or breadsticks)
* Shelf stable Soy milk