

General Food Pack Information

Staples Box contains:

Ziploc with hand soap and hand sanitizer
Paper towel roll
Ziplocs
Black trash bags
Cocoa Mix
Assorted black, green and herbal teas
White and brown sugar
Sugar subs: Equal, Splenda, Sweet & Low, Truvia
Oil: Olive oil, vegetable oil, cooking spray
Vinegar
Soy Sauce
Hot Sauce
Chopped garlic (jar)
Honey
Jam
Peanut Butter
Ketchup
Mustard
Mayo

Dish Kit Contains:

Dish gloves
Dish soap
Hand soap
Hand sanitizer
Bleach
Sponges
Green scrubby
Scrub brush

Spice Box Contains:

Basil
Chili powder
Cinnamon
Cumin
Curry powder
Crushed red pepper
Dill weed

Fish magic blend
Fish sauce
Garlic powder
Garam Masala
Italian spice blend
Nutmeg
Oregano
Paprika
Parsley Flakes
Salt and Pepper
Sesame Seeds
Tarragon
Vanilla
Toothpicks
Birthday candles
Instant salad dressing packets

**Note: We recycle spice containers and expect them to be returned please!

Lunch Tote Contains:

Ziploc with hand soap, hand sanitizer, sponge
Cutting board
Sharp knife
Utensils: can opener, lighter, spreading knives, serving forks and spoons
Mixing bowl
Mayo, mustard
Salt and Pepper
Peanut Butter and Jam
Pickles
Gatorade and lemonade
Emergency soup mix
Day 2 lunch items: bread, cookies, pringles

Boat Snacks (for additional purchase) Include:

Trail mix
Protein bars and Lara bars
Jerky
Candy bars
Goldfish or Cheez-Its

Dry Goods Resupply Contains:

Extra copy of recipe book, calendar planner

Dish Supply and Resupply (A full set of dish supplies is included with the kitchen): Dish gloves, dish soap, hand soap, hand sani, small bleach, sponge, green scrubby, scrub brush, paper towel roll, extra ziplocs.

Stapes and lunch resupply: Ziplocs, tea, oil, hot chocolate, peanut butter, jam, evaporated milk.
Groups over 10: Mayo, mustard, powdered drink mix

Breakfasts

Notes: Breakfast comes with coffee (if ordered), hot chocolate, a selection of teas, peanut butter, and jam. We can pack orange juice for up to half the number of trip days. Apples and oranges are packed to be sliced and eaten for breakfast, lunch and snacks.

Breakfast Burritos - Pesto: Eggs, pesto, mozzarella, bacon, tomato, onion, flour tortillas, hash browns.

Breakfast Burritos - Chorizo: Eggs, chorizo sausage, cheddar, green chilis, onion, tomato, sour cream, salsa, flour and corn tortillas, hash browns.

Cheese Grits and Eggs: Instant grits, butter, cheddar cheese, fried eggs, black beans, sun-dried tomatoes.

Cold cereal: Cereal, granola, milk, yogurt, English muffins, butter, jam, canned fruit.

Cream Cheese Bagels: Bagels, cream cheese, granola, milk, yogurt, canned fruit.

Cream Cheese Bagels w/ Smoked Salmon: Local harvested and smoked Sockeye salmon, bagels, cream cheese, granola, milk, yogurt, canned fruit.

Eggs to Order: Eggs, bacon, english muffins, hash browns, butter, jam, ketchup.

French Toast: Thick sliced bread, butter, milk, eggs, vanilla, cinnamon, syrup, yogurt, link sausage.

Hot Cereal: Oatmeal or cream of wheat/rice, milk, raisins, honey, brown sugar, walnuts, yogurt, English muffins.

Huevos Rancheros: Eggs, refried beans, green chilis, cheddar, onion, tomatoes, salsa, sour cream, guacamole, corn tortillas.

Kale and Sausage Scramble: Eggs, kale, chicken apple sausage, garlic, goat cheese, pumpkin seeds, toast.

Pancakes: Pancake mix, blueberries, butter, syrup, yogurt, link sausage.

Lunches

Notes: All lunches (except Hiker's Lunch and Pasta Salad) are served with Pringles, dill pickles, and cookies. Fruit includes apples and oranges. You'll use the lunch tote to organize lunch ingredients for that day.

Put - In Day: Lunch #1: Unless you note otherwise, we will pick up a bag lunch from a local deli for put-in day. It's the most efficient option for helping you get on the river in a timely way! Standard bag lunch is a turkey sandwich on wheat with chips, an apple, and water. Vegetarian, gluten free, dairy free, and other substitutions are available upon request.

Chicken Salad Sandwiches: Canned chicken, mayo, mustard, celery, onion, herbs, sandwich bread.

Cold Pasta Salad: Rotini pasta, Italian dressing, tomatoes, red bell peppers, red onion, kalamata olives, artichoke hearts, crackers.

Deli Sandwiches: Turkey, roast beef, ham, sliced bread, assorted cheeses, lettuce, tomato, onions, mayo, mustard, horseradish.

Hiker's Lunch: Hard salami, cheese, hearty crackers, mustard, trail mix, dried fruit, jerky, hard candy, granola bars, chocolate bars, apples, oranges.

Hummus Veggie Pitas: Hummus, pita bread, feta cheese, cucumber, roasted red pepper, onions, lettuce, tomato.

Italian Subs: Salami, pepperoni, provolone, roasted red peppers, artichoke hearts, pepperoncini, onion, lettuce, tomato, mayo, mustard, Italian dressing, sandwich rolls.

Smoked Salmon Cream Cheese Crackers: Locally caught and smoked sockeye salmon, cream cheese, capers, red onion, crackers.

Tuna Salad Sandwiches: Tuna, mayo, mustard, pickle relish, celery, onion, lettuce, tomato.

Turkey Club Wrap: Turkey, flour tortillas, cheddar, bacon (pre-cooked), lettuce, tomato, onion, ranch dressing.

Guacamole Wrap: Guacamole, hummus, flour tortillas, shredded cheese, shredded carrots, lettuce, tomato, onion

Salads

Notes: We send a mix of salad options for about half the river days, and a variety of dressings. You choose what nights you want to have salad! Salads are flexible, and a great way to use up leftover veggies. Whenever possible, we pack local greens.

Green salad: Lettuce, matchstick carrots, cherry tomatoes, cucumber, scallions, salad dressing.

Caesar salad: Romaine, parmesan, croutons, caesar dressing.

Greek salad: Lettuce, red pepper, artichoke hearts, kalamata olives, croutons, feta cheese, Greek dressing.

Coleslaw: Green and red cabbage, matchstick carrots, raisins, crushed pineapple, coleslaw dressing.

California Slaw: Cabbage, matchstick carrots, sesame seeds, sesame ginger dressing, fresh ginger and garlic to taste.

Appetizers

Notes: Appetizers are really flexible; mix and match ingredients to suit your tastes!

Bruschetta and Crackers: Crackers with pre-made tomato garlic basil topping

Cheese and Crackers: Variety of hard and soft cheeses, crackers

Chips and Salsa: Tortilla chips, salsa (max 2x per trip less than 10 people; 3x for 10-15 people)

Pringles and Onion dip: Pringles potato chips, sour cream, onion dip mix

Hummus and Veggies: Hummus, baby carrots, crackers

Nuts and Olives: Roasted mixed nuts, olives

Pickled Antipasta: Variety of pickled treats, crackers

Smoked Oysters: Smoked oysters, mustard, crackers

Dinners

Notes: Fresh fish is not recommended after day 5; smoked fish will make it to the end of your trip and beyond. We pack pre-cooked chicken and pork whenever possible to reduce messy prep and spoilage. Canned meat (chicken, beef) may be substituted in recipes later in the trip. Actual ingredients may vary depending on local availability, and we do adjust recipes from time to time.

FISH

Baked Halibut Tatshenshini: A not-to-be-missed signature dutch oven meal! Locally caught halibut, bread crumbs, onions, mayo, sour cream, lemon, broccoli crowns, rice. (For dietary restrictions, pull a portion of halibut and cook on it the griddle.)

Grilled Salmon: Cooked on the griddle. Locally harvested Sockeye salmon, Teriyaki, butter, lemon, soy sauce, carrots, orzo pasta.

Smoked Salmon Pesto Pasta: Smoked salmon, linguine noodles, pesto, parmesan, garlic bread.

Shrimp Scampi Pasta: Shrimp, olive oil, garlic, shallots, white wine, herbs, lemon, fettuccine noodles.

BEEF

Grilled Steak and Potatoes: Grilled over coals. Top sirloin, mushrooms, steak sauce, potatoes, scallions, butter, cheese, sour cream.

Beef Stew and Cornbread: Beef chunks, onion, celery, potatoes, carrots, mushrooms, canned tomato, V8 juice, beef broth, with dutch oven cornbread.

Burger Night: Cooked over charcoal on the grill. Pre-formed beef patties, cheese, lettuce, tomato, onion, burger buns, baked beans.

CHICKEN

Chicken Fajitas: Cooked on the griddle. Chicken, peppers, onions, fajita sauce, black beans, flour and corn tortillas, salsa, sour cream, grated cheese, tomatoes, limes.

Moroccan Chicken: Cooked on the stovetop. Chicken, onions, garlic, zucchini, spinach, garbanzo beans, canned tomatoes, lemon, garam masala, paprika, couscous.

Thai Chicken Curry: Chicken, snow peas, carrots, mushrooms, green curry paste, coconut milk, lime, fish sauce, fresh herbs, rice.

PORK

Shredded Pork Tacos: Locally smoked, shredded pork (pre-cooked), flour and corn tortillas, lettuce, tomato, onion, sour cream, salsa, guacamole.

Spaghetti with Italian Sausage: Spaghetti, italian sausage, marinara, garlic, onion, bell peppers, zucchini, parmesan, garlic bread.

Hawaiian BBQ Pork Bowls: Shredded BBQ pork (precooked), green beans, red bell pepper, avocado, pineapple rings, cilantro, BBQ sauce, quinoa.

Bratwurst and Mashed Potatoes: A mix of pork and chicken sausages, hot dog buns, sauerkraut, mayo, mustard, ketchup, instant mashed potatoes.

VEGETARIAN - Additional options are available upon request

Vegetarian Stir Fry: Tofu, carrots, bell peppers, onions, broccoli, edamame, ginger, sesame oil, peanut sauce, soba noodles.

Lentils and Rice with Crunchy Onions (Mujadarrah): Lentils, crunchy onions, curry sauce, brown rice.

Grilled Cheese and Soup: Bread, butter, cheddar cheese, sliced tomato, Pacific brand roasted red pepper tomato soup, coconut milk.

Bean and Rice Burritos: Refried beans, green chilis, Mexican-style rice, onions, bell pepper, tomatoes, lettuce, salsa, sour cream, guacamole, grated cheese, corn and flour tortillas.

Desserts:

Dinner Mints: Andes brand chocolate mints

Dutch Oven Brownies: Brownie mix, eggs, oil

Dutch Oven Cake: Yellow cake, carrot cake, or german chocolate cake mix, eggs, oil, frosting

Fancy Cookies: Selection of premium cookies

No-Bake Cheesecake: Cheesecake mix, sugar, butter, milk

Premium Chocolate: Chocolove (or like brand) assorted chocolate bars

S'mores: Graham crackers, marshmallows, Hershey's chocolate bars