

2024 Alaska River Outfitters Food Pack Information

Hi River Runners!

Thanks for choosing Alaska River Outfitters to pack food for your Tatshenshini or Alsek River Expedition. We really look forward to working with you!

The attached packet includes general information about what is included with the food pack, and basic information about each menu item.

We include a sample menu, called the "Guide's Choice" menu, that is based on menu planning for our commercial river trips - it takes into account longevity of ingredients, popular days for layover camps, and typical weather patterns. That said, this is your trip and your menu/calendar to plan. We'll alert you to any potential issues we see when you select your menu.

Take a look at the FAQs included below, and be in touch with other questions that come up as you are planning!

To get started:

- Review the Food Pack Information included in this packet
- Collect **Individual Food Preferences Forms** from any member of your group who has dietary restrictions (specific allergies, Gluten free, Vegetarian, Vegan, etc)
- When you are ready to start selecting your menu, send an email to jessica@hainesrafting.com (please cc andy@hainesrafting.com) and I'll share a Google Sheets Menu Selector Form
- Send me an email when you've completed the form, I'll follow up with any questions
- We will provide you a quote on the food pack
- An invoice will follow for a deposit, with the balance due 30 days before your trip.

Thanks, and I look forward to hearing from you!

Jessica Edwards
Alaska River Outfitters
jessica@hainesrafting.com

Answers to FAQs:

Deadlines: Your final menu selector form is due **60 days prior to launch**. If you can get the menu to us 60-90 days in advance - thank you! We have to pre-order many items and this helps a ton. If you are putting together a trip on the last-minute side of things, we'll do our best to work with you. Reach out to talk about a plan.

Dietary Restrictions: It's likely there will be one or more dietary restrictions in your group. We can provide substitutions and advise on menu selection to ease accommodations. **Each Individual with dietary restrictions must submit a completed Individual Food Preferences Form.** We will work from there to customize menu selections and substitutions. The availability of speciality items is surprisingly good despite being a small, remote community. If your group has special dietary wishes (such as only whole grains, 30 grams of protein per meal), let us know on your menu form and we'll start a conversation about it.

Ballpark Cost: Budget between \$40 - \$42 per person, per day, for your food pack. This includes all menu ingredients; sundry items such as spices, paper towels, garbage bags, ziplocs, propane, hand wash/sanitizer dish wash, TP, and etc.; menu planning service; and labor.

Boat Snacks: You can save a little money by not selecting boat snacks. But you probably want them unless you are bringing your own or everyone is really light eaters. It can be a cold and calorie-intensive trip. If you have particular favorites, feel free to let us know and we'll include them if possible.

Menu Calendar: While you can certainly decide to switch up meals as circumstances require on the river, our food pack is organized according to the calendar you select, so it's worth your while to pick a menu calendar you are likely to stick with.

Pack Organization: Since all the gear returns from Dry Bay by small aircraft, our kit is optimized to fit in the airplane. You'll have one cooler per raft for fresh food, two (sometimes three) collapsible bilge bags lined with cardboard for dry goods, a few totes, an ammo can of staples, and a small ammo of spices. The recipe book includes maps to orient shopping for ingredients.

Point of Contact: It works best to designate a point-person to correspond with us about food-related questions and take charge of the menu selection process. This can be the TL or another member of the party.

Other Recipe Requests: We will generally decline to pack meals that are not on our menu because we know what is locally available, what fits in our pack, and what works well if there are leftover ingredients. That said, feel free to run your recipe by me.

Menu Selection Tips and Info:

- **BREAKFAST:** Breakfasts except for hot and cold cereal and huevos rancheros come with breakfast meat. You will have to repeat some breakfasts. Cold cereal is a great option for a busy, early morning on Take Out day.
- **COFFEE:** On the menu selector form, let us know how many coffee drinkers OR how many pounds you want. Would you like half-and-half or non-dairy creamer? We buy locally roasted coffee unless you tell us otherwise. We use the coffee sock method to make coffee in a large pot.

- **HOT DRINKS:** Hot chocolate and a selection of herbal, green and black teas is included. There is a space to specify tea variety and quantity on the Menu Selector form.
- **JUICE:** We can pack juice concentrate for about half the river days if you want it.
- **LUNCH:** Lunches except hiker lunch and pasta salad include pringles, pickles, and cookies. Peanut butter and jam are included in the lunch tote, along with a variety of condiments and gatorade and lemonade mixes.
- **FRUIT:** We pack fresh apples, oranges, lemons and limes, and some canned fruit.
- **APPETIZERS:** Big, hungry group? Pick an app and dessert for each night. Also indicate how many large, medium and light eaters in your group.
- **SALAD:** We'll pack green salad or coleslaw for about half the days, including some local veggies in season. You decide when to eat salad.
- **DESSERT:** Most private groups will not cook more than 1 dutch oven dessert. Unless you have a real DO baking enthusiast among you, pick a max of 2 DO desserts.
- **DINNER:**
 - **Fresh Fish!** Local fresh and smoked fish are among the most expensive items on the menu, but they are so delicious and you are coming all the way to Alaska, so we recommend at least 1 meal each of fresh salmon and halibut (*cook fresh fish in the first 4 days of your trip*), and at least one with smoked fish (*smoked fish will last all the way through the end of your trip*).

ARO General Food Pack Information

Staples Box contains:

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

Dish Kit Contains:

Dish gloves
Dish soap
Hand soap
Hand sanitizer
Dish Sanitizer Tablets
Sponges
Green scrubby
Scrub brush

Spice Box Contains:

Chili powder
Cinnamon
Cumin
Curry powder
Crushed red pepper
Dill weed

Fish magic blend
Fish sauce (if curry is selected)
Garlic powder
Garam Masala (if Moroccan chicken is selected)
Italian spice blend
Salt and Pepper
Sesame Seeds
Vanilla
Toothpicks
Birthday candles
Instant taco seasoning and salad dressing packets

**Note: Return spice containers 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
Mixed Nuts
Chocolate/Candy
Granola bars
Pretzels/Snack crackers
Fruit bars
Jerky

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, 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.

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

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

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. These ingredients can also be used to make Migas Eggs - recipe included with Huevos Rancheros.

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. Longer-length trips may substitute tortillas for bread as the trip progresses. The lunch tote comes stocked with peanut butter and jam. 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. (Max 2 x per trip)

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

Italian Sandwich: Ham, pepperoni, provolone, pepperoncini, onion, lettuce, tomato, Italian dressing, sandwich rolls (then sliced bread if selected more than once).

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, sunflower seeds, raisins, salad dressing.

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

Coleslaw: Green and red cabbage, raisins and/or shredded apple, matchstick carrots, coleslaw dressing.

Appetizers

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

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

Dolmas: Crackers, stuffed grape leaves (max 2 x per trip)

Cheese and Crackers: Variety of hard and soft cheeses, nuts, 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, baby bell peppers, 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 pieces, bread crumbs, onions, mayo, sour cream, lemon, broccoli crowns, cous cous or rice. (For dietary restrictions, retain some halibut to cook on the griddle.)

Grilled Salmon: Cooked on the griddle. Locally harvested Sockeye salmon, Fish Magic seasoning, butter, lemon, carrots, rice or quinoa.

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

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. Easily made vegetarian by subbing veg burgers.

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 noodles. Easily made vegetarian by subbing tofu.

Chicken Enchiladas: Cooked in the Dutch oven. Chicken, black beans, peppers, onions, corn, enchilada sauce, spices cheese. Served with sour cream. (Vegetarian version noted below)

PORK

Shredded Pork Tacos: Shredded pork (pre-cooked), black beans, flour and corn tortillas, lettuce, tomato, onion, sour cream, salsa, guacamole. Super easy and delicious.

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. Vegetarian option - Hawaiian BBQ tofu bowls.

Bratwurst and Mashed Potatoes: Beef, pork or chicken sausages, hot dog buns, sauerkraut, mayo, mustard, ketchup, instant mashed potatoes. Easily made vegetarian by substituting veg sausages.

VEGETARIAN - Additional options are available upon request

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

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

Sesame Soba Noodles: Tofu, soba noodles, sesame oil, soy sauce, bell peppers, carrots, green onions, sesame seeds.

Vegetarian Enchiladas: Cooked in the Dutch oven. Black beans, peppers, onions, corn, enchilada sauce, spices cheese. Served with sour cream.

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, chocolate bars

ARO Menu Options

Breakfast Options	Lunch Options	Dinner Options	Appetizers	Desserts	
Pancakes	Deli Sandwiches	Baked Halibut Tatshenshini	Cheese and Crackers	Dinner Mints	
French Toast	Ôj lá Pasta Salad	Grilled Salmon	Bruschetta and Crackers	Fancy Cookies	
Eggs to Order	Tuna Salad Sandwiches	Thai Curry Chicken	Chips and Salsa	Premium Chocolate	
Huevos Rancheros	Chicken Salad Sandwiches	Moroccan Chicken	Pringles and Onion Dip	S'mores	
Chorizo Burrito	Turkey Club Wrap	Chicken Fajitas	Nuts and Olives	No-Bake Cheesecake	
Pesto Breakfast Burrito	Italian Sandwiches	Shredded Pork Tacos	Pickled Antipasta	Dutch Oven Brownies	
Smoked Salmon Bagels	Smoked Salmon Cream Cheese Crackers	Hawaiian BBQ Pork Bowls	Hummus and Carrots	Dutch Oven German Chocolate Cake	
Cheesy Grits and Eggs	Hummus Veggie Pitas	Bratwurst and Mashed Potatoes	Smoked Oysters	Dutch Oven Yellow Cake	
Kale Sausage Scramble	Guacamole Wrap	Burger Night	Dolmas	Dutch Oven Carrot Cake	
Cream Cheese Bagels	Hiker Lunch	Grilled Steak and Potatoes			
Hot Cereal		Beef Stew and Cornbread			
Cold Cereal		Grilled Cheese and Soup			
		Smoked Salmon Pesto Pasta			
		Sesame Soba Noodles w Tofu			
		Spaghetti with Italian Sausage			
		Veggie Stir Fry			
		Bean and Rice Burritos			

Chicken or Veg Enciladas

Guide's Choice Menu - SAMPLE

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
B'fast	On your own	Eggs to Order	Huevos Rancheros	Kale Sausage Scramble	Grits and Eggs	French Toast	Smoked salmon Cream Cheese bagels	Pancakes
Lunch	Bag Lunch	Deli lunch	Hikers Lunch	Hummus Pita	Deli Lunch	Italian subs	Turkey club wrap	Cold Pasta Salad
App	Cheese and crackers	Chips/salsa	Pickled antipasta	Smoked oysters	Hummus and Veggies	Bruschetta and crackers	Pringles and onion dip	Chips/ salsa
Dinner	Grilled Salmon	Chicken Fajitas	Halibut Tat	Brats and Mashed Potatoes	Grilled Steaks	Thai Chicken Curry	Burger Night	Pork Tacos
Dessert	Fancy Cookies	Premium Chocolate	Dinner Mints	S'mores	Premium Chocolate	Dutch oven Brownies	No Bake Cheesecake	Dinner Mints

	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
B'fast	Chorizo B'fast Burrito	Eggs to Order	Cold Cereal	Smoked Salmon Cream Cheese Bagels	Hot Cereal	Cold Cereal	Bagels and Cream Cheese
Lunch	Chicken Salad	Smoked Salmon Cream Cheese Crackers	Hikers Lunch	Tuna Salad	Chicken Salad	Smoked Salmon Cream Cheese Crackers	Tuna Salad
App	Dolmas	Nuts and Olives	Smoked Oysters	Pickled Antipasta	Bruschetta and Crackers	Pickled antipasto	Cheese and Crackers
Dinner	Smoked Salmon Pesto Pasta	Beef Stew and Cornbread	Grilled cheese and soup	Moroccan Chicken	Lentils and Rice	Grilled Cheese and Soup	Thai Chicken Curry
Dessert	Fancy Cookies	Premium Chocolate	S'mores	Dinner Mints	Fancy Cookies	Smores	Dinner Mints

Individual Food Preferences/Allergies Form

Trip Leader: Please have any participants who have special dietary restrictions or preferences fill out this form. Submit the forms with your menu selection form. We will contact participants if we have additional questions.

* Required

1. Participant Name *

2. Contact Information: Phone number and Email address *

3. How would you describe your appetite? *

Check all that apply.

- Large eater/bottomless pit
- Moderate eater
- Light eater

Food Preferences and Allergies

Please let us know your eating preferences and if you have any food allergies. Please elaborate on any food items and substitutions that would be helpful. The more information you provide, the better!

4. Food preferences/allergies *

Check all that apply.

- I eat a vegetarian diet
- I eat a vegan diet
- I have celiac's disease
- I eat a gluten free diet
- I am lactose intolerant
- I have a nut allergy
- Other: _____

5. Please add information about your food preferences or allergies. *

6. Please list your preferred substitutions for breakfast, lunch, and dinner, and/or any food items that would be helpful to have on the trip. *
