

Lost Creek Adventures

Information For Groups Providing Your Own Food

You received a copy of our standard packing list upon registration. This document is additional information to assist you in planning, packing, and otherwise for providing your own food. **Remember that you will be packing food for the guides as well, unless planned for otherwise.**

Important Note Regarding Food Choices:

We're happy to provide a discount to groups who provide their own food, however we've seen several issues that are important to address:

- **Food safety:** Getting food poisoning is a huge issue when in the wilderness. Any fresh food left for over 2 hours in warm temperatures can harbor bacteria. In general, any fresh meat should come frozen for use on day 1. Salted meats such as bacon are ok for day 2. Any time after that hard salami's that say 'refrigeration not necessary', hard cheeses, and drier vegetables (such as carrots) are ok. Otherwise look at bringing canned or dried foods. Some breads such as pita and tortillas are 'shelf stable' and won't mold as quickly.
- **Food Quantity:** The second biggest issue we see; groups don't bring enough food. No matter how nice the scenery, if you're hungry you're not going to be enjoying yourself. Staples such as pasta, rice, and potatoes can be doctored up and are filling. Bring a LOT of staple ingredients, and bring a good spice kit!
- **Packing food:** Things are going to get compressed. For breads, crackers, fruits, etc, you will either need crush-proof containers, or choose items that don't crush. (And no glass!) We can provide you with dry bags to keep your food dry, but you'll need to provide the packaging.

✓	Provided Kitchen Equipment	NOTES
Lost Creek Adventures will provide the following items, depending upon your menu needs. Please supply us with your menu as soon as possible so that we may plan correctly. If we don't receive your menu we will choose from the following at our own discretion.		
	Stove - Coleman 2-burner, propane included	
	Pots - with lids. 1 qt per two people.	
	Pans - We bring "fry-bake" pans that work for both.	
	Cooking utensils - Large spoon, Ladle, Spatula	
	Eating utensils - Plastic plates, bowls, cups, spoons, forks.	
	Tablecloth - Vinyl for campsite tables	
	Dining Fly(s) - Nylon 10x12 for rain	
	Dish Drying Hammock	

	Dish sinks - We can't wash dishes in the lake. We bring 3; rinse, wash, and bleach.	
	Soap, bleach, sponge	
	Small soft coolers	
	Dry bags - Rubberized roll top 15 liter	
	Aluminum foil - great for lining baking type pans, or for cooking over the fire.	
	Paper towels	
	Dromedary bags - containers for potable water.	
	Hand Sanitizer	
	LED Lantern(s)	
✓	FOOD Suggestions	NOTES
	Breakfasts should be quick and easy for the longer paddle days, and can be more involved during layover or shorter days.	
	Lunches will most likely be eaten on a beach somewhere. Think about items that can be prepped in the morning before leaving camp.	
	Dinners can be more involved and cooked over a fire. (but best not to rely on fire in case it rains) High-calorie, dense foods such as pasta and rice are great fillers for whatever else you'll be including. Add p-nut butter to noodles and you've got pad thai. Add powdered milk to rice and you've got rice pudding.	
	Snacks - DON'T FORGET the SNACKS! Fresh fruit for early on, then GORP, granola bars, chex-mix and dried fruit keep well.	
	Allergies should be taken into consideration. For example some people can't tolerate peanuts within the same room!	