

# PARAGON GUIDES / TRIP MENU PLANNER

\*\*We are proud of the backcountry food that we provide. Quality products are selected and when possible we choose **natural** and **organic** items. We can help you with your menu choices to insure that your camp food matches your trip, experience level and attitude. **Please see our menu recommendations on page 3.**

\*\*These meal options can typically be adjusted to fit dietary restrictions or preferences. All food will be arranged by meal or product (meat bag, dairy bag, drink bag, etc.. We recommend spending a few minutes at camp to organize and understand your food.

\*\*Storage at camp is typically elevating containers (hanging from a tree is common) and protecting them from rain and sun and scavenging critters. We'll show you how.



**Questions? Call us!**

**877-926-5299**

Quantity	Breakfast	Meal
	Oatmeal: (5 min.)brown sugar, walnuts, raisins or blueberries (with butter toasted bagel)	
	Oatmeal: Organic Instant, brown sugar, walnuts, raisins or blueberries (with butter toasted bagel)	
	Cold Cereal: Muesli, Raisin Bran, Granola (with butter toasted bagel)	
	Eggs; scrambled w/vegies, ham or sausage	
	Breakfast Burrito: scrambled eggs, tortilla, ham, salsa	
	Bagel w/cream cheese & lox: hard boiled egg	
	Scandinavian Breakfast: smoked salmon, crackers, hard boiled egg	
	Fruit: oranges, blueberries, apple, kiwi	

Quantity	Extras
	Powdered Milk
	Half & Half
	Butter
	Peanut Butter
	Jam /Jelly
	cooking oil / olive oil
	Mustard
	Mayo
	Tabasco
	Tang

Quantity	Lunch	Meal
	Lunch Meats: turkey, ham, pastrami	
	Cheeses: cheddar, swiss, vegie cheese spread	
	Bread: sliced, bagels, pita, tortillas	
	Crackers: triscuit, rye crisp, ak-mak, wasa	
	Tuna Salad fixings (package)	
	Chicken Salad, (pre-made)	
	Ramen Salad, ( pre-made)	
	Salami & cheese w/ crackers	
	Hummus & crackers	

Quantity	Drinks
	Hot Chocolate
	Apple Cider
	Tea, Variety
	Gatorade
	Tang
	Coffee: Regular
	Coffee: Instant
	Coffee: Fresh Ground



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## RECOMMENDATIONS FOR CAMPING FOOD AND MENU

- Have the first evening meal be simple. Late arrival at camp, camp setup and inclement weather should be considerations. A hot hearty soup with salad and bread, or a pre-cooked meal that only needs to be heated are good options. Often when first arriving at higher elevations appetites can be suppressed and going to sleep on a “full belly” can add to the first night’s restlessness. Increase quantities and preparation as you settle into camp life.
- All good plans need a “back-up”. Keep a simple soup for dinner or instant oatmeal for breakfast on hand in case your hopes for a “Gourmet” meal change due to time, weather or you are just enjoying where you are too much!
- From past experiences and the collective knowledge of our guides, we offer our TRIP MENU PLANNER to assist in your camp food choices and organization. We have learned over the years to be careful with our food choices. Nutrition and energy level are our main considerations. After a good day in the mountains you may find that a hot soup and bread, shared with friends or family, could be one of the best meals you’ve ever had (glass of wine optional). Your plans for the “Gourmet” camp meal may have to wait.
- When we leave the crowded valley behind and take ourselves into the hills we choose to leave behind some of the clutter of our daily lives. Do not make the mistake (as I have in the past) of carrying the clutter with you buried deep in your pack and mind. Food can often be a celebration of life. Days spent living in the mountains can add much to the celebration, but keep it simple. Perceptions and desires can roll off the mountainside as easily as a stone. Understanding the realities of mountain camping will help hold things in place.

### SAMPLE MENU (3-DAY) (2 breakfasts, 3 lunches, 2 dinners)

#### \*\* Breakfast

Day 2 – pancakes w/ blueberries, ham, maple syrup

Day 3 – Instant Organic Oatmeal w/ toasted bagel and jam

#### \*\* Lunch

Day 1 – sandwich, grapes, salty snack, cookie

Day 2 – sandwich, apple, cheese, salty snack, cookie

Day 3 – crackers, cheese, fish, salami, dry fruit, chocolate

#### \*\* Dinner

Day 1 – cheese & crackers, salad, hearty soup, french bread

Day 2 – popcorn, salad, Alpine Pasta, cookie

