

## Menu for Trip (Detailed List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

**Friday, July 1, 2016**

### Lunch

|  |   |       |
|--|---|-------|
| <input type="checkbox"/> Bread, bagel, plain<br>1/1 Servings/People 5.0 oz (142 gm), 340 Kcal      | Bread, bagel, plain<br>Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal             | Note: |
| <input type="checkbox"/> Cheese, Emmenthaler Swiss<br>1/1 Servings/People 1.0 oz (28 gm), 106 Kcal | Emmenthaler Swiss Cheese<br>Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal | Note: |
| <input type="checkbox"/> Sausage, Summer<br>1/1 Servings/People 2.0 oz (58 gm), 160 Kcal           | Summer sausage<br>Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou       | Note: |

**Total for Meal: 8.0 oz, 606 Kcal/Person, Water to Boil: 0 ml**

### Snacks

|   |   |       |
|---|---|-------|
| <input type="checkbox"/> Bar, Cliff, any flavor<br>1/1 Servings/People 2.5 oz (71 gm), 240 Kcal | Bar, Cliff, any flavor<br>Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal | Note: |
|---|---|-------|

**Total for Meal: 2.5 oz, 240 Kcal/Person, Water to Boil: 0 ml**

### Dinner

|  |  |       |
|--|--|-------|
| <input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate<br>1/1 Servings/People ? oz (? gm) , 120 Kcal                              | Swith Miss Milk Chocolate Hot Cocoa Mix<br>Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal                                      | Note: |
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stroganoff with Noodles<br>1/1 Servings/People 4.8 oz (135 gm), 520 Kcal | FD Dinner, Mountain House Pro-Pak Beef Stroganoff with Noodles<br>Serving Size: 4.0 oz (114 gm), 1 pkg (labelled as 2 servings), | Note: |

**Total for Meal: 4.8 oz, 640 Kcal/Person, Water to Boil: 592 ml**

**Total for Day: 15.3 oz, 1486 Kcal/Person, Water to Boil: 592 ml**

**Saturday, July 2, 2016**

### Breakfast

|  |   |       |
|--|---|-------|
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal            | Coffee, coarsely ground for French press<br>Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal          | Note: |
| <input type="checkbox"/> FD Breakfast, Mountain House Biscuits and Gravy<br>1/1 Servings/People 14.6 oz (414 gm), 640 Kcal | FD Breakfast, Mountain House Biscuits and Gravy<br>Serving Size: 4.6 oz (130 gm), 1 pkg (labelled as 2 servings), | Note: |

**Total for Meal: 15.1 oz, 640 Kcal/Person, Water to Boil: 472 ml**

## Menu for Trip (Detailed List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

### Lunch

|  |   |
|--|---|
| <input type="checkbox"/> Peanut butter, Jif to Go Creamy<br>1/1 Servings/People 1.8 oz (50 gm), 250 Kcal   | Peanut butter, Jif to Go Creamy<br>Serving Size: 1.5 oz (43 gm), 1.5 ounces (single serve cup), Note: |
| <input type="checkbox"/> Tortillas, flour, 8", Mission Foods<br>2/1 Servings/People ? oz (? gm) , 292 Kcal | Tortillas, flour, 8", Mission Foods<br>Serving Size: 1.8 oz (51 gm), 1 tortilla, 146 Kcal Note:       |
| <b>Total for Meal: 1.8 oz, 542 Kcal/Person, Water to Boil: 0 ml</b>  |   |

### Snacks

|   |  |
|---|--|
| <input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins<br>1/1 Servings/People 1.7 oz (47 gm), 267 Kcal | Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 6 servings<br>Serving Size: 1.7 oz (47 gm), 1.67 ounces, 267 Kcal Note: |
| <b>Total for Meal: 1.7 oz, 267 Kcal/Person, Water to Boil: 0 ml</b>   |  |

### Dinner

|   |   |
|---|---|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Lasagna with Meat Sauce<br>1/1 Servings/People 4.8 oz (135 gm), 500 Kcal | FD Dinner, Mountain House Pro-Pak Lasagna with Meat Sauce<br>Serving Size: 3.8 oz (108 gm), 1 pkg (labelled as 2 servings), Note: |
| <b>Total for Meal: 4.8 oz, 500 Kcal/Person, Water to Boil: 414 ml</b>   |   |

**Total for Day: 23.3 oz, 1949 Kcal/Person, Water to Boil: 886 ml**

**Sunday, July 3, 2016**

### Breakfast

|   |  |
|---|--|
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal | Coffee, coarsely ground for French press<br>Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal Note: |
| <input type="checkbox"/> Pastry, Pop Tarts, Brown Sugar Cinnamon<br>2/1 Servings/People ? oz (? gm) , 420 Kcal  | Kellog's Pop Tarts Brown Sugar Cinnamon<br>Serving Size: 1.8 oz (50 gm), 1 pastry, 210 Kcal Note:              |
| <b>Total for Meal: 0.5 oz, 420 Kcal/Person, Water to Boil: 472 ml</b>   |  |

## Menu for Trip (Detailed List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

### Lunch

|  |   |       |
|--|---|-------|
| <input type="checkbox"/> Bread, bagel, plain<br>1/1 Servings/People 5.0 oz (142 gm), 340 Kcal      | Bread, bagel, plain<br>Serving Size: 5.0 oz (142 gm), 1 bagel, 340 Kcal             | Note: |
| <input type="checkbox"/> Cheese, Emmenthaler Swiss<br>1/1 Servings/People 1.0 oz (28 gm), 106 Kcal | Emmenthaler Swiss Cheese<br>Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal | Note: |
| <input type="checkbox"/> Sausage, Summer<br>1/1 Servings/People 2.0 oz (58 gm), 160 Kcal           | Summer sausage<br>Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou       | Note: |

**Total for Meal: 8.0 oz, 606 Kcal/Person, Water to Boil: 0 ml**

### Snacks

|   |  |       |
|---|--|-------|
| <input type="checkbox"/> Bar, Cliff, any flavor<br>1/1 Servings/People 2.5 oz (71 gm), 240 Kcal                       | Bar, Cliff, any flavor<br>Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal                        | Note: |
| <input type="checkbox"/> Beef, jerky, Bridgford, original natural style<br>2/1 Servings/People ? oz (? gm) , 140 Kcal | Beef, jerky, Bridgford, original natural style<br>Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal | Note: |
| <input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate<br>1/1 Servings/People ? oz (? gm) , 120 Kcal           | Swiss Miss Milk Chocolate Hot Cocoa Mix<br>Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal    | Note: |

**Total for Meal: 2.5 oz, 500 Kcal/Person, Water to Boil: 178 ml**

### Dinner

|   |   |       |
|---|---|-------|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Chili Mac with Beef<br>1/1 Servings/People 5.0 oz (142 gm), 460 Kcal | FD Dinner, Mountain House Pro-Pak Chili Mac with Beef<br>Serving Size: 3.8 oz (108 gm), 1 pkg (labelled as 2 servings), | Note: |
|---|---|-------|

**Total for Meal: 5.0 oz, 460 Kcal/Person, Water to Boil: 414 ml**

**Total for Day: 16.0 oz, 1986 Kcal/Person, Water to Boil: 1064 ml**

**Monday, July 4, 2016**

### Breakfast

|  |  |       |
|--|--|-------|
| <input type="checkbox"/> Cereal, Mountain House Granola with Milk and Blueberries<br>1/1 Servings/People 5.0 oz (141 gm), 500 Kcal | Cereal, Mountain House Granola with Milk and Blueberries<br>Serving Size: 4.0 oz (114 gm), 1 pkg (labelled as 2 servings), | Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal                    | Coffee, coarsely ground for French press<br>Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal                   | Note: |

**Total for Meal: 5.4 oz, 500 Kcal/Person, Water to Boil: 472 ml**

## Menu for Trip (Detailed List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

### Lunch

|  |   |       |
|--|---|-------|
| <input type="checkbox"/> Peanut butter, Jif to Go Creamy<br>1/1 Servings/People 1.8 oz (50 gm), 250 Kcal   | Peanut butter, Jif to Go Creamy<br>Serving Size: 1.5 oz (43 gm), 1.5 ounces (single serve cup), | Note: |
| <input type="checkbox"/> Tortillas, flour, 8", Mission Foods<br>2/1 Servings/People ? oz (? gm) , 292 Kcal | Tortillas, flour, 8", Mission Foods<br>Serving Size: 1.8 oz (51 gm), 1 tortilla, 146 Kcal       | Note: |
| <b>Total for Meal: 1.8 oz, 542 Kcal/Person, Water to Boil: 0 ml</b>  |   |       |

### Snacks

|   |  |       |
|---|--|-------|
| <input type="checkbox"/> Candy, Snickers Minis<br>3/1 Servings/People 1.8 oz (51 gm), 255 Kcal              | Candy, Snickers Minis<br>Serving Size: 0.6 oz (18 gm), 2 pieces (packages says 4 piec  | Note: |
| <input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins<br>1/1 Servings/People 1.7 oz (47 gm), 267 Kcal | Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 6 servings<br>Serving Size: 1.7 oz (47 gm), 1.67 ounces, 267 Kcal | Note: |
| <b>Total for Meal: 3.5 oz, 522 Kcal/Person, Water to Boil: 0 ml</b>   |  |       |

### Dinner

|  |  |       |
|--|--|-------|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Chicken Teriyaki with Rice<br>1/1 Servings/People 4.8 oz (135 gm), 440 Kcal | FD Dinner, Mountain House Pro-Pak Chicken Teriyaki with Rice<br>Serving Size: 4.0 oz (114 gm), 1 pkg (labelled as 2 servings), | Note: |
| <b>Total for Meal: 4.8 oz, 440 Kcal/Person, Water to Boil: 414 ml</b>  |  |       |

**Total for Day: 15.4 oz, 2004 Kcal/Person, Water to Boil: 886 ml**

**Tuesday, July 5, 2016**

### Breakfast

|   |  |       |
|---|--|-------|
| <input type="checkbox"/> Cereal, Instant Oatmeal, Quaker, Maple & Brw Sugar<br>2/1 Servings/People ? oz (? gm) , 320 Kcal | Quaker Instant Oatmeal, Maple and brown sugar<br>Serving Size: 1.5 oz (43 gm), 1 packet, 160 Kcal        | Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal           | Coffee, coarsely ground for French press<br>Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal | Note: |
| <b>Total for Meal: 0.5 oz, 320 Kcal/Person, Water to Boil: 710 ml</b>   |  |       |

## Menu for Trip (Detailed List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

### Lunch

|  |   |       |
|--|---|-------|
| <input type="checkbox"/> Cheese, Emmenthaler Swiss<br>1/1 Servings/People 1.0 oz (28 gm), 106 Kcal         | Emmenthaler Swiss Cheese<br>Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal       | Note: |
| <input type="checkbox"/> Sausage, Summer<br>1/1 Servings/People 2.0 oz (58 gm), 160 Kcal                   | Summer sausage<br>Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou             | Note: |
| <input type="checkbox"/> Tortillas, flour, 8", Mission Foods<br>2/1 Servings/People ? oz (? gm) , 292 Kcal | Tortillas, flour, 8", Mission Foods<br>Serving Size: 1.8 oz (51 gm), 1 tortilla, 146 Kcal | Note: |

**Total for Meal: 3.0 oz, 558 Kcal/Person, Water to Boil: 0 ml**

### Snacks

|   |  |       |
|---|--|-------|
| <input type="checkbox"/> Bar, Cliff, any flavor<br>1/1 Servings/People 2.5 oz (71 gm), 240 Kcal                       | Bar, Cliff, any flavor<br>Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal                        | Note: |
| <input type="checkbox"/> Beef, jerky, Bridgford, original natural style<br>2/1 Servings/People ? oz (? gm) , 140 Kcal | Beef, jerky, Bridgford, original natural style<br>Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal | Note: |
| <input type="checkbox"/> Candy, Snickers Minis<br>2/1 Servings/People 1.2 oz (34 gm), 170 Kcal                        | Candy, Snickers Minis<br>Serving Size: 0.6 oz (18 gm), 2 pieces (packages says 4 piec          | Note: |
| <input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate<br>1/1 Servings/People ? oz (? gm) , 120 Kcal           | Swith Miss Milk Chocolate Hot Cocoa Mix<br>Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal    | Note: |

**Total for Meal: 3.7 oz, 670 Kcal/Person, Water to Boil: 178 ml**

### Dinner

|   |  |       |
|---|--|-------|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stew<br>1/1 Servings/People 4.8 oz (137 gm), 500 Kcal | FD Dinner, Mountain House Pro-Pak Beef Stew<br>Serving Size: 4.3 oz (123 gm), 1 pkg (labelled as 2.5 serving | Note: |
|---|--|-------|

**Total for Meal: 4.8 oz, 500 Kcal/Person, Water to Boil: 414 ml**

**Total for Day: 12.0 oz, 2048 Kcal/Person, Water to Boil: 1302 ml**

**Wednesday, July 6, 2016**

### Breakfast

|   |   |       |
|---|---|-------|
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal               | Coffee, coarsely ground for French press<br>Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal              | Note: |
| <input type="checkbox"/> FD Breakfast, Mountain House Scrambled Eggs with Ham<br>1/1 Servings/People 3.4 oz (96 gm), 380 Kcal | FD Breakfast, Mountain House Scrambled Eggs with Ham<br>Serving Size: 2.5 oz (72 gm), 1 pkg (labelled as 2 servings), | Note: |

**Total for Meal: 3.9 oz, 380 Kcal/Person, Water to Boil: 738 ml**

## Menu for Trip (Detailed List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

### Lunch

|  |   |
|--|---|
| <input type="checkbox"/> Peanut butter, Jif to Go Creamy<br>1/1 Servings/People 1.8 oz (50 gm), 250 Kcal   | Peanut butter, Jif to Go Creamy<br>Serving Size: 1.5 oz (43 gm), 1.5 ounces (single serve cup), Note: |
| <input type="checkbox"/> Tortillas, flour, 8", Mission Foods<br>2/1 Servings/People ? oz (? gm) , 292 Kcal | Tortillas, flour, 8", Mission Foods<br>Serving Size: 1.8 oz (51 gm), 1 tortilla, 146 Kcal Note:       |
| <b>Total for Meal: 1.8 oz, 542 Kcal/Person, Water to Boil: 0 ml</b>  |   |

### Snacks

|   |  |
|---|--|
| <input type="checkbox"/> Cookies, Fig Newtons<br>2/1 Servings/People ? oz (? gm) , 400 Kcal                 | Cookies, Fig Newtons<br>Serving Size: 2.0 oz (57 gm), 1 pkg Newtons to go, 200 Kcal Note:  |
| <input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins<br>1/1 Servings/People 1.7 oz (47 gm), 267 Kcal | Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 6 servings<br>Serving Size: 1.7 oz (47 gm), 1.67 ounces, 267 Kcal Note: |
| <b>Total for Meal: 1.7 oz, 667 Kcal/Person, Water to Boil: 0 ml</b>   |  |

### Dinner

|   |   |
|---|---|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Pasta Primavera<br>1/1 Servings/People 4.7 oz (132 gm), 440 Kcal | FD Dinner, Mountain House Pro-Pak Pasta Primavera<br>Serving Size: 3.8 oz (108 gm), 1 pkg (labelled as 2 servings), Note: |
| <b>Total for Meal: 4.7 oz, 440 Kcal/Person, Water to Boil: 414 ml</b>   |   |

**Total for Day: 11.9 oz, 2029 Kcal/Person, Water to Boil: 1152 ml**

**Thursday, July 7, 2016**

### Breakfast

|  |  |
|--|--|
| <input type="checkbox"/> Cereal, Mountain House Granola with Milk and Blueberries<br>1/1 Servings/People 5.0 oz (141 gm), 500 Kcal | Cereal, Mountain House Granola with Milk and Blueberries<br>Serving Size: 4.0 oz (114 gm), 1 pkg (labelled as 2 servings), Note: |
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal                    | Coffee, coarsely ground for French press<br>Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal Note:                   |
| <b>Total for Meal: 5.4 oz, 500 Kcal/Person, Water to Boil: 472 ml</b>  |  |

## Menu for Trip (Detailed List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

### Lunch

|  |   |       |
|--|---|-------|
| <input type="checkbox"/> Cheese, Emmenthaler Swiss<br>1/1 Servings/People 1.0 oz (28 gm), 106 Kcal         | Emmenthaler Swiss Cheese<br>Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal       | Note: |
| <input type="checkbox"/> Sausage, Summer<br>1/1 Servings/People 2.0 oz (58 gm), 160 Kcal                   | Summer sausage<br>Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou             | Note: |
| <input type="checkbox"/> Tortillas, flour, 8", Mission Foods<br>2/1 Servings/People ? oz (? gm) , 292 Kcal | Tortillas, flour, 8", Mission Foods<br>Serving Size: 1.8 oz (51 gm), 1 tortilla, 146 Kcal | Note: |

**Total for Meal: 3.0 oz, 558 Kcal/Person, Water to Boil: 0 ml**

### Snacks

|   |   |       |
|---|---|-------|
| <input type="checkbox"/> Bar, Cliff, any flavor<br>1/1 Servings/People 2.5 oz (71 gm), 240 Kcal             | Bar, Cliff, any flavor<br>Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal                     | Note: |
| <input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate<br>1/1 Servings/People ? oz (? gm) , 120 Kcal | Swith Miss Milk Chocolate Hot Cocoa Mix<br>Serving Size: 1.0 oz (28 gm), 1 packet, 120 Kcal | Note: |

**Total for Meal: 2.5 oz, 360 Kcal/Person, Water to Boil: 178 ml**

### Dinner

|  |  |       |
|--|--|-------|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Rice & Chicken<br>1/1 Servings/People 5.2 oz (148 gm), 560 Kcal | FD Dinner, Mountain House Pro-Pak Rice & Chicken<br>Serving Size: 4.2 oz (120 gm), 1 pkg (labelled as 2 servings), | Note: |
|--|--|-------|

**Total for Meal: 5.2 oz, 560 Kcal/Person, Water to Boil: 414 ml**

**Total for Day: 16.2 oz, 1978 Kcal/Person, Water to Boil: 1064 ml**

**Friday, July 8, 2016**

### Breakfast

|   |  |       |
|---|--|-------|
| <input type="checkbox"/> Coffee, coarsely ground for French press<br>2/1 Servings/People 0.5 oz (13 gm), 0 Kcal       | Coffee, coarsely ground for French press<br>Serving Size: 0.2 oz (7 gm), two rounded tablespoons, 0 Kcal | Note: |
| <input type="checkbox"/> Soup, ramen noodle, Maruchan, chicken flavor<br>2/1 Servings/People 3.1 oz (87 gm), 380 Kcal | Soup, ramen noodle, Maruchan, chicken flavor<br>Serving Size: 1.5 oz (43 gm), 1/2 package, 190 Kcal      | Note: |

**Total for Meal: 3.5 oz, 380 Kcal/Person, Water to Boil: 946 ml**

## Menu for Trip (Detailed List): CDT Weminuche 2016, 1st leg, Stony Pass to Weminuche Pass

### Lunch

|  |   |       |
|--|---|-------|
| <input type="checkbox"/> Peanut butter, Jif to Go Creamy<br>1/1 Servings/People 1.8 oz (50 gm), 250 Kcal   | Peanut butter, Jif to Go Creamy<br>Serving Size: 1.5 oz (43 gm), 1.5 ounces (single serve cup), | Note: |
| <input type="checkbox"/> Tortillas, flour, 8", Mission Foods<br>1/1 Servings/People ? oz (? gm) , 146 Kcal | Tortillas, flour, 8", Mission Foods<br>Serving Size: 1.8 oz (51 gm), 1 tortilla, 146 Kcal       | Note: |
| <b>Total for Meal: 1.8 oz, 396 Kcal/Person, Water to Boil: 0 ml</b>  |   |       |

### Snacks

|   |  |       |
|---|--|-------|
| <input type="checkbox"/> Bar, Cliff, any flavor<br>2/1 Servings/People 5.0 oz (142 gm), 480 Kcal            | Bar, Cliff, any flavor<br>Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal  | Note: |
| <input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins<br>1/1 Servings/People 1.7 oz (47 gm), 267 Kcal | Homemade GORP, Roasted Salted Macadamia Nuts 100 g, Plain M&M's 95.8 g, Raisins 42.5 g, Pecans 42.5 g yielding 6 servings<br>Serving Size: 1.7 oz (47 gm), 1.67 ounces, 267 Kcal | Note: |
| <b>Total for Meal: 6.7 oz, 747 Kcal/Person, Water to Boil: 0 ml</b>   |  |       |

### Dinner

|   |   |       |
|---|---|-------|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Spaghetti with Meat Sauce<br>1/1 Servings/People 4.8 oz (135 gm), 460 Kcal | FD Dinner, Mountain House Pro-Pak Spaghetti with Meat Sauce<br>Serving Size: 3.8 oz (108 gm), 1 pkg (labelled as 2 servings), | Note: |
| <b>Total for Meal: 4.8 oz, 460 Kcal/Person, Water to Boil: 414 ml</b>   |   |       |

---

---

**Total for Day: 16.7 oz, 1983 Kcal/Person, Water to Boil: 1360 ml**

---

---

**Total for Trip: 7 lbs. 15 oz., Water to Boil: 8.3 liters**

**1933 Kcal/Person/Day**

**16 Oz/Person/Day**