

Menu for Trip (Detailed List): Items to Cache for CDT Weminuche 2016, 2nd leg, Weminuche Pass to Wolf Creek Pa

Saturday, July 9, 2016

Breakfast

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

Lunch

<input type="checkbox"/> Cheese, Emmenthaler Swiss 1/1 Servings/People 1.0 oz (28 gm), 106 Kcal	Emmenthaler Swiss Cheese Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer 1/1 Servings/People 2.0 oz (58 gm), 160 Kcal	Summer sausage Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou	Note:
<input type="checkbox"/> Tortillas, flour, 8", Mission Foods 2/1 Servings/People ? oz (? gm) , 292 Kcal	Tortillas, flour, 8", Mission Foods 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 1/1 Servings/People 2.5 oz (71 gm), 240 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
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Total for Meal: 2.5 oz, 240 Kcal/Person, Water to Boil: 0 ml

Dinner

<input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Beef Stroganoff with Noodles 1/1 Servings/People 4.8 oz (135 gm), 520 Kcal	FD Dinner, Mountain House Pro-Pak Beef Stroganoff with Noodles Serving Size: 4.0 oz (114 gm), 1 pkg (labelled as 2 servings),	Note:
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Total for Meal: 4.8 oz, 520 Kcal/Person, Water to Boil: 414 ml

Total for Day: 14.2 oz, 1698 Kcal/Person, Water to Boil: 1152 ml

Menu for Trip (Detailed List): Items to Cache for CDT Weminuche 2016, 2nd leg, Weminuche Pass to Wolf Creek Pa

Sunday, July 10, 2016

Breakfast

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

Lunch

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

Total for Meal: 1.8 oz, 542 Kcal/Person, Water to Boil: 0 ml

Snacks

- | | |
|---|---|
| <input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins | 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 |
| 1/1 Servings/People 1.7 oz (47 gm), 267 Kcal | Serving Size: 1.7 oz (47 gm), 1.67 ounces, 267 Kcal Note: |

Total for Meal: 1.7 oz, 267 Kcal/Person, Water to Boil: 0 ml

Dinner

- | | |
|--|--|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Lasagna with Meat Sauce | FD Dinner, Mountain House Pro-Pak Lasagna with Meat Sauce |
| 1/1 Servings/People 4.8 oz (135 gm), 500 Kcal | Serving Size: 3.8 oz (108 gm), 1 pkg (labelled as 2 servings), Note: |

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

Total for Day: 13.6 oz, 1809 Kcal/Person, Water to Boil: 886 ml

Menu for Trip (Detailed List): Items to Cache for CDT Weminuche 2016, 2nd leg, Weminuche Pass to Wolf Creek Pa

Monday, July 11, 2016

Breakfast

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

Total for Meal: 0.5 oz, 420 Kcal/Person, Water to Boil: 472 ml

Lunch

<input type="checkbox"/> Cheese, Emmenthaler Swiss 1/1 Servings/People 1.0 oz (28 gm), 106 Kcal	Emmenthaler Swiss Cheese Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal	Note:
<input type="checkbox"/> Sausage, Summer 1/1 Servings/People 2.0 oz (58 gm), 160 Kcal	Summer sausage Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou	Note:
<input type="checkbox"/> Tortillas, flour, 8", Mission Foods 2/1 Servings/People ? oz (? gm) , 292 Kcal	Tortillas, flour, 8", Mission Foods 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 1/1 Servings/People 2.5 oz (71 gm), 240 Kcal	Bar, Cliff, any flavor Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal	Note:
<input type="checkbox"/> Beef, jerky, Bridgford, original natural style 2/1 Servings/People ? oz (? gm) , 140 Kcal	Beef, jerky, Bridgford, original natural style Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal	Note:
<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate 1/1 Servings/People ? oz (? gm) , 120 Kcal	Swith Miss Milk Chocolate Hot Cocoa Mix 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 1/1 Servings/People 5.0 oz (142 gm), 460 Kcal	FD Dinner, Mountain House Pro-Pak Chili Mac with Beef Serving Size: 3.8 oz (108 gm), 1 pkg (labelled as 2 servings),	Note:
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Total for Meal: 5.0 oz, 460 Kcal/Person, Water to Boil: 414 ml

Total for Day: 11.0 oz, 1938 Kcal/Person, Water to Boil: 1064 ml

Menu for Trip (Detailed List): Items to Cache for CDT Weminuche 2016, 2nd leg, Weminuche Pass to Wolf Creek Pa

Tuesday, July 12, 2016

Breakfast

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

Lunch

<input type="checkbox"/> Peanut butter, Jif to Go Creamy 1/1 Servings/People 1.8 oz (50 gm), 250 Kcal	Peanut butter, Jif to Go Creamy Serving Size: 1.5 oz (43 gm), 1.5 ounces (single serve cup), Note:
<input type="checkbox"/> Tortillas, flour, 8", Mission Foods 2/1 Servings/People ? oz (? gm) , 292 Kcal	Tortillas, flour, 8", Mission Foods Serving Size: 1.8 oz (51 gm), 1 tortilla, 146 Kcal Note:

Total for Meal: 1.8 oz, 542 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Candy, Snickers Minis 3/1 Servings/People 1.8 oz (51 gm), 255 Kcal	Candy, Snickers Minis Serving Size: 0.6 oz (18 gm), 2 pieces (packages says 4 piec Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 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 Serving Size: 1.7 oz (47 gm), 1.67 ounces, 267 Kcal Note:

Total for Meal: 3.5 oz, 522 Kcal/Person, Water to Boil: 0 ml

Dinner

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

Total for Day: 25.1 oz, 2144 Kcal/Person, Water to Boil: 886 ml

Menu for Trip (Detailed List): Items to Cache for CDT Weminuche 2016, 2nd leg, Weminuche Pass to Wolf Creek Pa

Wednesday, July 13, 2016

Breakfast

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

Lunch

<input type="checkbox"/> Cheese, Emmenthaler Swiss	Emmenthaler Swiss Cheese
1/1 Servings/People 1.0 oz (28 gm), 106 Kcal	Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal Note:
<input type="checkbox"/> Sausage, Summer	Summer sausage
1/1 Servings/People 2.0 oz (58 gm), 160 Kcal	Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou Note:
<input type="checkbox"/> Tortillas, flour, 8", Mission Foods	Tortillas, flour, 8", Mission Foods
2/1 Servings/People ? oz (? gm) , 292 Kcal	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	Bar, Cliff, any flavor
1/1 Servings/People 2.5 oz (71 gm), 240 Kcal	Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal Note:
<input type="checkbox"/> Beef, jerky, Bridgford, original natural style	Beef, jerky, Bridgford, original natural style
2/1 Servings/People ? oz (? gm) , 140 Kcal	Serving Size: 1.0 oz (28 gm), 1 oz., 70 Kcal Note:
<input type="checkbox"/> Candy, Snickers Minis	Candy, Snickers Minis
2/1 Servings/People 1.2 oz (34 gm), 170 Kcal	Serving Size: 0.6 oz (18 gm), 2 pieces (packages says 4 piec Note:
<input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate	Swith Miss Milk Chocolate Hot Cocoa Mix
1/1 Servings/People ? oz (? gm) , 120 Kcal	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	FD Dinner, Mountain House Pro-Pak Beef Stew
1/1 Servings/People 4.8 oz (137 gm), 500 Kcal	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: 17.0 oz, 2228 Kcal/Person, Water to Boil: 1064 ml

Menu for Trip (Detailed List): Items to Cache for CDT Weminuche 2016, 2nd leg, Weminuche Pass to Wolf Creek Pa

Thursday, July 14, 2016

Breakfast

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

Lunch

<input type="checkbox"/> Peanut butter, Jif to Go Creamy 1/1 Servings/People 1.8 oz (50 gm), 250 Kcal	Peanut butter, Jif to Go Creamy Serving Size: 1.5 oz (43 gm), 1.5 ounces (single serve cup), Note:
<input type="checkbox"/> Tortillas, flour, 8", Mission Foods 2/1 Servings/People ? oz (? gm) , 292 Kcal	Tortillas, flour, 8", Mission Foods Serving Size: 1.8 oz (51 gm), 1 tortilla, 146 Kcal Note:

Total for Meal: 1.8 oz, 542 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Cookies, Fig Newtons 2/1 Servings/People ? oz (? gm) , 400 Kcal	Cookies, Fig Newtons Serving Size: 2.0 oz (57 gm), 1 pkg Newtons to go, 200 Kcal Note:
<input type="checkbox"/> GORP, homemade, MacPecanM&Mraisins 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 Serving Size: 1.7 oz (47 gm), 1.67 ounces, 267 Kcal Note:

Total for Meal: 1.7 oz, 667 Kcal/Person, Water to Boil: 0 ml

Dinner

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

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

Menu for Trip (Detailed List): Items to Cache for CDT Weminuche 2016, 2nd leg, Weminuche Pass to Wolf Creek Pa

Friday, July 15, 2016

Breakfast

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

Total for Meal: 0.5 oz, 320 Kcal/Person, Water to Boil: 710 ml

Lunch

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|--|---|-------|
| <input type="checkbox"/> Cheese, Emmenthaler Swiss
1/1 Servings/People 1.0 oz (28 gm), 106 Kcal | Emmenthaler Swiss Cheese
Serving Size: 1.0 oz (28 gm), 1 slice or 1 oz, 106 Kcal | Note: |
| <input type="checkbox"/> Sausage, Summer
1/1 Servings/People 2.0 oz (58 gm), 160 Kcal | Summer sausage
Serving Size: 2.0 oz (56 gm), 2 ounces, 1/3 sausage of 6 ou | Note: |
| <input type="checkbox"/> Tortillas, flour, 8", Mission Foods
2/1 Servings/People ? oz (? gm) , 292 Kcal | Tortillas, flour, 8", Mission Foods
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
1/1 Servings/People 2.5 oz (71 gm), 240 Kcal | Bar, Cliff, any flavor
Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal | Note: |
| <input type="checkbox"/> Cocoa Mix, Swiss Miss milk Chocolate
1/1 Servings/People ? oz (? gm) , 120 Kcal | Swith Miss Milk Chocolate Hot Cocoa Mix
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
1/1 Servings/People 5.2 oz (148 gm), 560 Kcal | FD Dinner, Mountain House Pro-Pak Rice & Chicken
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: 11.2 oz, 1798 Kcal/Person, Water to Boil: 1302 ml

Menu for Trip (Detailed List): Items to Cache for CDT Weminuche 2016, 2nd leg, Weminuche Pass to Wolf Creek Pa

Saturday, July 16, 2016

Breakfast

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

Lunch

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

Total for Meal: 1.8 oz, 542 Kcal/Person, Water to Boil: 0 ml

Snacks

- | | |
|---|---|
| <input type="checkbox"/> Bar, Cliff, any flavor | Bar, Cliff, any flavor |
| 2/1 Servings/People 5.0 oz (142 gm), 480 Kcal | Serving Size: 2.4 oz (68 gm), 1 bar, 240 Kcal Note: |

Total for Meal: 5.0 oz, 480 Kcal/Person, Water to Boil: 0 ml

Dinner

- | | |
|--|--|
| <input type="checkbox"/> FD Dinner, Mountain House Pro-Pak Spaghetti with Meat Sauce | FD Dinner, Mountain House Pro-Pak Spaghetti with Meat Sauce |
| 1/1 Servings/People 4.8 oz (135 gm), 460 Kcal | Serving Size: 3.8 oz (108 gm), 1 pkg (labelled as 2 servings), Note: |

Total for Meal: 4.8 oz, 460 Kcal/Person, Water to Boil: 414 ml

Total for Day: 17.0 oz, 1982 Kcal/Person, Water to Boil: 886 ml

Total for Trip: 7 lbs. 9 oz., Water to Boil: 8.4 liters

1953 Kcal/Person/Day

15 Oz/Person/Day