

Menu for Trip (Detailed List): Day Hike to cache food at Weminuche Pass for CDT Weminuche 2016

Wednesday, June 29, 2016

Lunch

<input type="checkbox"/> Sandwich, store bought 1/1 Servings/People 7.9 oz (224 gm), 800 Kcal	Sandwich, store bought Serving Size: 7.9 oz (224 gm), 1 sandwich, 800 Kcal	Note:
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Total for Meal: 7.9 oz, 800 Kcal/Person, Water to Boil: 0 ml

Snacks

<input type="checkbox"/> Candy, M&M's, plain 1/1 Servings/People 1.7 oz (48 gm), 240 Kcal	Candy, M&M's, plain Serving Size: 1.7 oz (48 gm), 1 pack, 240 Kcal	Note:
<input type="checkbox"/> Gel, Gu energy gel without caffeine 4/1 Servings/People 4.7 oz (132 gm), 400 Kcal	Gel, Gu energy gel without caffeine Serving Size: 1.1 oz (32 gm), 1 packet, 100 Kcal	Note:

Total for Meal: 6.3 oz, 640 Kcal/Person, Water to Boil: 0 ml

Total for Day: 14.2 oz, 1440 Kcal/Person, Water to Boil: 0 ml

Total for Trip: 14.2 oz., Water to Boil: 0.0 liters

1440 Kcal/Person/Day

14 Oz/Person/Day