

Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Thu 09/09/2021

Breakfast

Sandwich, generic

Total Serving	1.0	Total Wt	7.9 oz (224 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	800	Servings/Person	1.0
Serving Size	1 sandwich	Wt/Serving	224	Kcal/Serving	800	Water-to-Boil/Serving (ml)				0	

Totals for Meal:	Wt (oz)	7.9	Kcal/Person	800	Water To Boil (ml)	0
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Lunch

Sandwich, generic

Total Serving	1.0	Total Wt	7.9 oz (224 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	800	Servings/Person	1.0
Serving Size	1 sandwich	Wt/Serving	224	Kcal/Serving	800	Water-to-Boil/Serving (ml)				0	

Totals for Meal:	Wt (oz)	7.9	Kcal/Person	800	Water To Boil (ml)	0
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Snacks

Chews, energy, Clif Bloks + 25 mg caffeine

Total Serving	6.0	Total Wt	6.8 oz (192 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	600	Servings/Person	6.0
Serving Size	1/2 package, 3 pieces	Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)				0	

Chews, energy, Clif Bloks + 50 mg caffeine

Total Serving	2.0	Total Wt	2.3 oz (64 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	2.0
Serving Size	1/2 package, 3 pieces	Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)				0	

Totals for Meal:	Wt (oz)	9.0	Kcal/Person	800	Water To Boil (ml)	0
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Dinner

FD Dinner, Mountain House Chicken & Rice, Pro-Pak; with red bell peppers, carrots, and celery

Total Serving	1.0	Total Wt	5.9 oz (167 gm)	Total Water to Boil (ml)	355	Person Count	1	Kcal/Person	650	Servings/Person	1.0
Serving Size	1 package	Wt/Serving	167	Kcal/Serving	650	Water-to-Boil/Serving (ml)				355	

Totals for Meal:	Wt (oz)	5.9	Kcal/Person	650	Water To Boil (ml)	355
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Totals for Day:	Wt	1 lbs 14.7 oz	Kcal/Person	3,050	Water To Boil (ml)	355
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Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Fri 09/10/2021

Breakfast

- FD Breakfast, Mountain House Granola with Milk and Blueberries

Total Serving	1.0	Total Wt	5.0 oz (141 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	500	Servings/Person	1.0
Serving Size	1 pkg (labeled as 2 servings)			Wt/Serving	141	Kcal/Serving	500	Water-to-Boil/Serving (ml)	0		

Totals for Meal: Wt (oz) 5.0 Kcal/Person 500 Water To Boil (ml) 0

Lunch

- Peanut butter, Jif to Go Creamy

Total Serving	1.0	Total Wt	1.8 oz (50 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	250	Servings/Person	1.0
Serving Size	1.5 ounces (single serve cup)			Wt/Serving	50	Kcal/Serving	250	Water-to-Boil/Serving (ml)	0		

- Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)	0		

Totals for Meal: Wt (oz) 4.7 Kcal/Person 510 Water To Boil (ml) 0

Snacks

- Candy, Snickers Fun Size

Total Serving	3.0	Total Wt	1.8 oz (51 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	240	Servings/Person	3.0
Serving Size	1 bar			Wt/Serving	17	Kcal/Serving	80	Water-to-Boil/Serving (ml)	0		

- Chews, energy, Clif Bloks + 25 mg caffeine

Total Serving	6.0	Total Wt	6.8 oz (192 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	600	Servings/Person	6.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)	0		

- Chews, energy, Clif Bloks + 50 mg caffeine

Total Serving	2.0	Total Wt	2.3 oz (64 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	2.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)	0		

Totals for Meal: Wt (oz) 10.8 Kcal/Person 1,040 Water To Boil (ml) 0

Dinner

- FD Dinner, Mountain House Beef Stroganoff with Noodles, Pro-Pak

Total Serving	1.0	Total Wt	5.5 oz (157 gm)	Total Water to Boil (ml)	414	Person Count	1	Kcal/Person	600	Servings/Person	1.0
Serving Size	1 package			Wt/Serving	157	Kcal/Serving	600	Water-to-Boil/Serving (ml)	414		

Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Totals for Meal:	Wt (oz)	5.5	Kcal/Person	600	Water To Boil (ml)	414
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Totals for Day:	Wt	1 lbs 10.0 oz	Kcal/Person	2,650	Water To Boil (ml)	414
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Sat 09/11/2021

Breakfast

Pastry, Pop Tarts, Brown Sugar Cinnamon

Total Serving	2.0	Total Wt	3.5 oz (100 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	420	Servings/Person	2.0
Serving Size	1 pastry	Wt/Serving	50	Kcal/Serving	210	Water-to-Boil/Serving (ml)				0	

Totals for Meal:	Wt (oz)	3.5	Kcal/Person	420	Water To Boil (ml)	0
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Lunch

Peanut butter, Jif to Go Creamy

Total Serving	1.0	Total Wt	1.8 oz (50 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	250	Servings/Person	1.0
Serving Size	1.5 ounces (single serve cup)	Wt/Serving	50	Kcal/Serving	250	Water-to-Boil/Serving (ml)				0	

Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla	Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)				0	

Totals for Meal:	Wt (oz)	4.7	Kcal/Person	510	Water To Boil (ml)	0
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Snacks

Bar, Clif, any flavor

Total Serving	1.0	Total Wt	2.5 oz (71 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	240	Servings/Person	1.0
Serving Size	1 bar	Wt/Serving	71	Kcal/Serving	240	Water-to-Boil/Serving (ml)				0	

Chews, energy, Clif Bloks + 25 mg caffeine

Total Serving	1.0	Total Wt	1.1 oz (32 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	100	Servings/Person	1.0
Serving Size	1/2 package, 3 pieces	Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)				0	

Chews, energy, Clif Bloks + 50 mg caffeine

Total Serving	1.0	Total Wt	1.1 oz (32 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	100	Servings/Person	1.0
Serving Size	1/2 package, 3 pieces	Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)				0	

Totals for Meal:	Wt (oz)	4.8	Kcal/Person	440	Water To Boil (ml)	0
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Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Dinner

- FD Dinner, Mountain House Spaghetti with Meat Sauce - Pro-Pak

Total Serving	1.0	Total Wt	4.6 oz (131 gm)	Total Water to Boil (ml)	296	Person Count	1	Kcal/Person	520	Servings/Person	1.0
Serving Size	1 package (labeled as 2 servings servings)			Wt/Serving	131	Kcal/Serving	520	Water-to-Boil/Serving (ml)	296		

Totals for Meal:	Wt (oz)	4.6	Kcal/Person	520	Water To Boil (ml)	296					
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Totals for Day:	Wt	1 lbs 1.6 oz	Kcal/Person	1,890	Water To Boil (ml)	296					
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Sun 09/12/2021

Breakfast

- FD Breakfast, Mountain House Scrambled Eggs with Bacon, pouch

Total Serving	1.0	Total Wt	8.4 oz (237 gm)	Total Water to Boil (ml)	273	Person Count	1	Kcal/Person	345	Servings/Person	1.0
Serving Size	1 pkg (labeled as 1.5 servings)			Wt/Serving	237	Kcal/Serving	345	Water-to-Boil/Serving (ml)	273		

Totals for Meal:	Wt (oz)	8.4	Kcal/Person	345	Water To Boil (ml)	273					
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Lunch

- Peanut butter, Jif to Go Creamy

Total Serving	1.0	Total Wt	1.8 oz (50 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	250	Servings/Person	1.0
Serving Size	1.5 ounces (single serve cup)			Wt/Serving	50	Kcal/Serving	250	Water-to-Boil/Serving (ml)	0		

- Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)	0		

Totals for Meal:	Wt (oz)	4.7	Kcal/Person	510	Water To Boil (ml)	0					
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Snacks

- Bar, Clif, any flavor

Total Serving	1.0	Total Wt	2.5 oz (71 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	240	Servings/Person	1.0
Serving Size	1 bar			Wt/Serving	71	Kcal/Serving	240	Water-to-Boil/Serving (ml)	0		

- Chews, energy, Clif Bloks + 25 mg caffeine

Total Serving	4.0	Total Wt	4.5 oz (128 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	400	Servings/Person	4.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)	0		

Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Chews, energy, Clif Bloks + 50 mg caffeine

Total Serving	2.0	Total Wt	2.3 oz (64 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	2.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)	0		

Totals for Meal:	Wt (oz)	9.3	Kcal/Person	840	Water To Boil (ml)	0
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Dinner

FD Dinner, Mountain House Chili Mac with Beef, Pro-Pak

Total Serving	1.0	Total Wt	5.5 oz (155 gm)	Total Water to Boil (ml)	414	Person Count	1	Kcal/Person	570	Servings/Person	1.0
Serving Size	1 package			Wt/Serving	155	Kcal/Serving	570	Water-to-Boil/Serving (ml)	414		

Totals for Meal:	Wt (oz)	5.5	Kcal/Person	570	Water To Boil (ml)	414
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Totals for Day:	Wt	1 lbs 11.8 oz	Kcal/Person	2,265	Water To Boil (ml)	687
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Mon 09/13/2021

Breakfast

FD Breakfast, Mountain House Granola with Milk and Blueberries

Total Serving	1.0	Total Wt	5.0 oz (141 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	500	Servings/Person	1.0
Serving Size	1 pkg (labeled as 2 servings)			Wt/Serving	141	Kcal/Serving	500	Water-to-Boil/Serving (ml)	0		

Totals for Meal:	Wt (oz)	5.0	Kcal/Person	500	Water To Boil (ml)	0
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Lunch

Peanut butter, Jif to Go Creamy

Total Serving	1.0	Total Wt	1.8 oz (50 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	250	Servings/Person	1.0
Serving Size	1.5 ounces (single serve cup)			Wt/Serving	50	Kcal/Serving	250	Water-to-Boil/Serving (ml)	0		

Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)	0		

Totals for Meal:	Wt (oz)	4.7	Kcal/Person	510	Water To Boil (ml)	0
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Snacks

Bar, Clif, any flavor

Total Serving	1.0	Total Wt	2.5 oz (71 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	240	Servings/Person	1.0
Serving Size	1 bar			Wt/Serving	71	Kcal/Serving	240	Water-to-Boil/Serving (ml)	0		

Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Chews, energy, Clif Bloks + 25 mg caffeine

Total Serving	1.0	Total Wt	1.1 oz (32 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	100	Servings/Person	1.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)	0		

Chews, energy, Clif Bloks + 50 mg caffeine

Total Serving	1.0	Total Wt	1.1 oz (32 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	100	Servings/Person	1.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)	0		

Totals for Meal:	Wt (oz)	4.8	Kcal/Person	440	Water To Boil (ml)	0					
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Dinner

FD Dinner, Mountain House Fusilli Pasta with Italian Sausage, pouch

Total Serving	1.0	Total Wt	5.2 oz (148 gm)	Total Water to Boil (ml)	355	Person Count	1	Kcal/Person	500	Servings/Person	1.0
Serving Size	1 pouch (labeled as 2 servings)			Wt/Serving	148	Kcal/Serving	500	Water-to-Boil/Serving (ml)	355		

Totals for Meal:	Wt (oz)	5.2	Kcal/Person	500	Water To Boil (ml)	355					
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Totals for Day:	Wt	1 lbs 3.6 oz	Kcal/Person	1,950	Water To Boil (ml)	355					
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Tue 09/14/2021

Breakfast

FD Breakfast, Mountain House Granola with Milk and Blueberries

Total Serving	1.0	Total Wt	5.0 oz (141 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	500	Servings/Person	1.0
Serving Size	1 pkg (labeled as 2 servings)			Wt/Serving	141	Kcal/Serving	500	Water-to-Boil/Serving (ml)	0		

Totals for Meal:	Wt (oz)	5.0	Kcal/Person	500	Water To Boil (ml)	0					
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Lunch

Peanut butter, Jif to Go Creamy

Total Serving	1.0	Total Wt	1.8 oz (50 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	250	Servings/Person	1.0
Serving Size	1.5 ounces (single serve cup)			Wt/Serving	50	Kcal/Serving	250	Water-to-Boil/Serving (ml)	0		

Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)	0		

Totals for Meal:	Wt (oz)	4.7	Kcal/Person	510	Water To Boil (ml)	0					
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Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Snacks

<input type="checkbox"/>	Candy, Snickers Fun Size										
Total Serving	3.0	Total Wt	1.8 oz (51 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	240	Servings/Person	3.0
Serving Size	1 bar			Wt/Serving	17	Kcal/Serving	80	Water-to-Boil/Serving (ml)		0	
<input type="checkbox"/>	Chews, energy, Clif Bloks + 25 mg caffeine										
Total Serving	6.0	Total Wt	6.8 oz (192 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	600	Servings/Person	6.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)		0	
<input type="checkbox"/>	Chews, energy, Clif Bloks + 50 mg caffeine										
Total Serving	2.0	Total Wt	2.3 oz (64 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	200	Servings/Person	2.0
Serving Size	1/2 package, 3 pieces			Wt/Serving	32	Kcal/Serving	100	Water-to-Boil/Serving (ml)		0	
Totals for Meal:	Wt (oz)	10.8		Kcal/Person	1,040			Water To Boil (ml)	0		

Dinner

<input type="checkbox"/>	FD Dinner, Mountain House Chicken & Dumplings, pouch										
Total Serving	1.0	Total Wt	5.4 oz (153 gm)	Total Water to Boil (ml)	325	Person Count	1	Kcal/Person	600	Servings/Person	1.0
Serving Size	1 pouch (labeled as 2 servings)			Wt/Serving	153	Kcal/Serving	600	Water-to-Boil/Serving (ml)		325	
Totals for Meal:	Wt (oz)	5.4		Kcal/Person	600			Water To Boil (ml)	325		
Totals for Day:	Wt	1 lbs 9.9 oz		Kcal/Person	2,650			Water To Boil (ml)	325		

Wed 09/15/2021

Breakfast

<input type="checkbox"/>	FD Breakfast, Mountain House Scrambled Eggs with Bacon, pouch										
Total Serving	1.0	Total Wt	8.4 oz (237 gm)	Total Water to Boil (ml)	273	Person Count	1	Kcal/Person	345	Servings/Person	1.0
Serving Size	1 pkg (labeled as 1.5 servings)			Wt/Serving	237	Kcal/Serving	345	Water-to-Boil/Serving (ml)		273	
Totals for Meal:	Wt (oz)	8.4		Kcal/Person	345			Water To Boil (ml)	273		

Lunch

<input type="checkbox"/>	Pastry, Pop Tarts, Brown Sugar Cinnamon										
Total Serving	2.0	Total Wt	3.5 oz (100 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	420	Servings/Person	2.0
Serving Size	1 pastry			Wt/Serving	50	Kcal/Serving	210	Water-to-Boil/Serving (ml)		0	
Totals for Meal:	Wt (oz)	3.5		Kcal/Person	420			Water To Boil (ml)	0		

Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Snacks

- Bar, Clif, any flavor

Total Serving	1.0	Total Wt	2.5 oz (71 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	240	Servings/Person	1.0
Serving Size	1 bar			Wt/Serving	71	Kcal/Serving	240	Water-to-Boil/Serving (ml)			0

- Candy, Snickers Fun Size

Total Serving	4.0	Total Wt	2.4 oz (68 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	320	Servings/Person	4.0
Serving Size	1 bar			Wt/Serving	17	Kcal/Serving	80	Water-to-Boil/Serving (ml)			0

Totals for Meal:	Wt (oz)	4.9	Kcal/Person	560	Water To Boil (ml)	0					
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Dinner

- FD Dinner, Mountain House Beef Stew, pouch

Total Serving	1.0	Total Wt	4.1 oz (117 gm)	Total Water to Boil (ml)	414	Person Count	1	Kcal/Person	400	Servings/Person	1.0
Serving Size	1 pouch (labeled as 2 servings)			Wt/Serving	117	Kcal/Serving	400	Water-to-Boil/Serving (ml)			414

Totals for Meal:	Wt (oz)	4.1	Kcal/Person	400	Water To Boil (ml)	414					
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Totals for Day:	Wt	1 lbs 4.9 oz	Kcal/Person	1,725	Water To Boil (ml)	687					
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Thu 09/16/2021

Breakfast

- FD Breakfast, Mountain House Granola with Milk and Blueberries

Total Serving	1.0	Total Wt	5.0 oz (141 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	500	Servings/Person	1.0
Serving Size	1 pkg (labeled as 2 servings)			Wt/Serving	141	Kcal/Serving	500	Water-to-Boil/Serving (ml)			0

Totals for Meal:	Wt (oz)	5.0	Kcal/Person	500	Water To Boil (ml)	0					
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Lunch

- Peanut butter, Jif to Go Creamy

Total Serving	1.0	Total Wt	1.8 oz (50 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	250	Servings/Person	1.0
Serving Size	1.5 ounces (single serve cup)			Wt/Serving	50	Kcal/Serving	250	Water-to-Boil/Serving (ml)			0

- Tortillas, flour, Mission Foods Homestyle Fajita Four Tortilla, about 6"

Total Serving	2.0	Total Wt	3.0 oz (84 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	260	Servings/Person	2.0
Serving Size	1 tortilla			Wt/Serving	42	Kcal/Serving	130	Water-to-Boil/Serving (ml)			0

Totals for Meal:	Wt (oz)	4.7	Kcal/Person	510	Water To Boil (ml)	0					
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Detailed Menu for Trip: Conejos, 2021 (Thu 09/09/2021 - Thu 09/16/2021)

Snacks

Bar, Clif, any flavor

Total Serving	1.0	Total Wt	2.5 oz (71 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	240	Servings/Person	1.0
Serving Size	1 bar			Wt/Serving	71	Kcal/Serving	240	Water-to-Boil/Serving (ml)			0

Candy, Snickers Fun Size

Total Serving	4.0	Total Wt	2.4 oz (68 gm)	Total Water to Boil (ml)	0	Person Count	1	Kcal/Person	320	Servings/Person	4.0
Serving Size	1 bar			Wt/Serving	17	Kcal/Serving	80	Water-to-Boil/Serving (ml)			0

Totals for Meal:	Wt (oz)	4.9	Kcal/Person	560	Water To Boil (ml)	0
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Totals for Day:	Wt	14.6 oz	Kcal/Person	1,570	Water To Boil (ml)	0
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Trip Totals

Wt 11 lbs 7.1 oz

Water to Boil (L) 3

Average Kcal/Person-Day (excluding extra food) 2,219

Extra Food Total Kcal/Person 0

Extra Food Kcal/Person-Day 0