

Gateway North Outfitters
www.gatewaynorthoutfitters.com

For some of you meal planning is all part of the trip, but for some it is just more hassle. For those of you who don't want the hassle we do offer the option of our food pack. The food pack is offered for \$30/person/day and will not count against your weight limit. Below is an example of what we might send in for a group of two for a week trip. We will adjust your food pack to your group size and length of stay. We reserve the right to substitute if needed.

Food pack

1 1/2 dozen eggs	sugar	1 box cereal or oatmeal
1/2 gallon milk	fish breading	parmesan cheese
3# bacon or breakfast sausage	tarter sauce (250ml)	Peanut Butter
1# ground beef	rice	jelly
frozen burgers	pancake mix (1kg)	
2-12oz steaks	pancake syrup (375ml)	
2 pork chops	lemon juice (250ml)	
4 bratwursts	ketchup(500ml)	
2 ham steaks	mustard (250ml)	
2 chicken breasts	potatoes	
margarine (1lb)	cooking onions	
1 loaves white bread	spaghetti noodles	
bratwurst buns	spaghetti sauce	
hamburger buns	coffee	
apples, bananas	salt & pepper	
cheese slices	1 gal cooking oil	
frozen oj	7 cans vegetables	
beans		

mosquito coils	garbage bags	dish soap
paper towels	toilet paper	tin foil
coffee filters		

Personal items to remember

sleeping bag	pillow case	camera
bath towels	dish towels	depth finder
insect repellent	sunscreen	first aid kit