

**Snacks:**

4.5 lbs Beef Jerk  
2 lbs Carmel Cluster  
3.3 lbs Chocolate covered raisins  
3 lbs mixed nuts  
24 Skor Bars  
1lb Wasabi Peas  
8 lbs Trail Mix  
1.8 lbs Dried mangos  
3.5 lbs Swedish Fish  
35 Granola/Turtle bars  
1 package mango candy  
1 package Cough Drops  
1.5 lbs popcorn

**Drinks**

12x Miso Soups – individual  
12x Group Soups  
12x Instant potato soup - individual  
1 lb Instant Coffee  
1 lb Coffee creamer  
1 pkg Seaweed  
48 Decaf Tea bags  
20 Horny Goat Weed Tea bags  
20 Ginko Tea bags  
20 packets Emergen-C  
4 lbs Hot Chocolate  
3 lbs Gatorade  
1.5 lbs Powdered Milk

**Misc**

4 packets instant pudding  
1 tube peanut sauce  
1 tube curry paste  
1 tube tomato paste  
1 tube Cock Sauce (hot)  
1 pkg Hot Dried Fish  
5 packets Gravy  
1 lb Taco Seasoning spices

**Breakfast**

2 boxes Granola  
2 boxes Honey Flakes  
12 packets Cream of Wheat  
45 packets organic oatmeal  
4 lbs couscous

1 gallon powdered eggs  
1 gallon powdered scrambled eggs  
1 gallon Sausage TVP

**Dinner**

12 boxes Mac & Cheese  
14 packets of Lipton noodles/rice  
2 gallon bags of StoveTop Stuffing  
1 small box Turkey stuffing  
58 servings Mashed potatoes  
1 gallon dried Shitake mushrooms  
6 lbs Instant rice  
1 gallon FD Beef  
2x Curry flavorings dinner  
1 gallon Chicken TVP  
4lbs refried dried beans  
6 packets dried coconut milk

**To be purchased:**

Oil  
Butter  
More powdered milk  
Sausage  
Bacon  
Salami  
Cheese  
Lighters  
Sugar  
Salt & Pepper  
Pcake mix?  
Ziplock Freezer bags?  
Chocolate

**Fred Food:**

6 blocks of good cheese (Tillamook, sharp cheddar, etc)  
6 summer sausages/salamis  
4 boxes of crackers  
2 things of Gatorade/sports drink  
Smoked Alaskan Salomon  
Salomon Jerky if you can find it

**Other/group thoughts**

4 or more packets of vacuum packed guacamole (freezes well, easily thawed, high calorie and fat, BTW, avacados is

my secret 24 hour bike race food)  
Salty chips (pringles for packing?)  
Smoked Alaskan Salmon  
Salmon Jerky if you can find it  
Frozen spinach and feta cheese does  
wonders in rice or couscous or other  
plain carbo foods  
**BACON!!!**  
**SAUSAGE!!**