



CANADIAN BORDER OUTFITTERS

Expedition Elite Menu Planner

Build your own menu to your group's preferences! Please indicate in the boxes on the left side how many meals of each item you'd prefer (except the 3 fresh entrée dinners which may be chosen only once each.) We recommend no more than 3 days of fresh eggs and fresh meats for breakfasts and lunches.

Breakfast on your first day and dinner on your last day are not included .. so, for example, for a 5-day trip, select 4 breakfasts, 5 lunches, and 4 dinners. There are some helpful hints and a sample menu planner below. Please call if you have any questions.

Party Leader: _____

Group Size: _____

Special Instructions/Needs??

BEVERAGES, STAPLES AND SPICES

BEVERAGES

(specify **quantity per day** for the group)

- ___ ground coffee – makes 8 cups
- __ regular __ decaf
- ___ instant coffee – single serve
- __ regular __ decaf
- ___ sugar – single serve
- ___ Sweet & Low – single serve
- ___ creamer – single serve
- ___ tea bags __ regular __ decaf __ herbal
- ___ apple cider – single serve
- ___ apple cider – sugar free single serve
- ___ hot chocolate – single serve
- ___ hot chocolate – sugar free single serve
- ___ Kool-Aid/fruit drinks (specify # cups per day)
- ___ Kool-Aid with Nutra-Sweet (specify # cups per day)

STAPLES

(always packed)

- salt & pepper
- margarine
- trash bags
- hand soap
- SOS
- toilet paper
- aluminum foil
- matches
- paper toweling
- Handi-Wipes
- potholder
- extra snacks

OPTIONAL ITEMS

(check preferences)

- ___ fish breading # meals planned: _____
- ___ vegetable oil
- ___ Miracle Whip
- ___ mayonnaise
- ___ mustard
- ___ ketchup
- ___ tartar sauce
- ___ pickle relish
- ___ marshmallows
- ___ strawberry jelly
- ___ grape jelly
- ___ water purification tablets
- ___ individual water bottles
- # needed: _____

SPICES

(check preferences)

- ___ seasoned salt
- ___ garlic powder
- ___ onion powder
- ___ Cajun seasoning
- ___ lemon pepper
- ___ cayenne pepper
- ___ BBQ sauce
- ___ A-1 steak sauce
- ___ lemon juice
- ___ honey
- ___ fresh onion

Helpful Hints:: For beverages, regular Kool-Aid and hot chocolate weigh a lot more than the Kool-Aid with nutra-sweet and the apple cider. For example, 2 cups of hot chocolate per day per person for a 7-day trip for 4 people is 56 packets which weighs about 3.5 pounds! We recommend a MINIMUM of 2 cups of liquid per person per meal PLUS at least 4 cups of liquid during the day.



CANADIAN BORDER OUTFITTERS

Breakfast Choices

HOT BREAKFASTS:

- FRESH** eggs
- BWCA Breakfast Muffins (egg, sausage, cheese, muffin)
- scrambled egg mix
- scrambled eggs with bacon bits
- Huevos Rancheros
- Bandito Scramble
- Mexican Omelet
- Peasant Omelet
- Cheese Omelet
- Sausage & cheese omelet
- French toast (white, wheat, or lympa rye bread)
- Blueberry pancakes
- Apple-cinnamon pancakes
- Honey Dutch pancakes
- 6 grain pancakes with apples and spice
- Cinnamon rolls

SIDE DISHES

QUICK BREAKFASTS:

- | | |
|---|--|
| <input type="checkbox"/> instant oatmeal (regular, spice, or fruit/cream) | <input type="checkbox"/> blueberry honey granola |
| <input type="checkbox"/> cinnamon apple crisp | <input type="checkbox"/> honey apple granola |
| <input type="checkbox"/> raspberry granola | <input type="checkbox"/> breakfast bars |
| <input type="checkbox"/> strawberry honey granola | <input type="checkbox"/> English muffins |

NOTE: Fresh eggs are packed as 3 per person unless otherwise specified. BWVA Breakfast Muffins are packed at 2 per person unless otherwise specified. Oatmeal is packed at 2 servings per person unless otherwise specified.

Side Dish Choices: maple syrup, hash browns, hash browns with peppers & onions, thick-sliced bacon, roast beef hash, sausage patties, ham slice , jelly, raisins, dried fruits, powdered milk, orange drink, pineapple orange drink, peach mango drink

Helpful Hints: For breakfasts, orange juice, pancakes and maple syrup items have the most weight. Plan on quick breakfasts that require no cooking (or just hot water) and almost zero-clean-up time. We recommend no more than 3 meals with fresh eggs or fresh meats.



CANADIAN BORDER OUTFITTERS

Lunch Choices

NOTE: All lunches include a "snack" .. cookies, granola bars, dried fruits, gorp/trail mix, etc.

QUICK SANDWICH LUNCHES

- ___ FRESH luncheon meats (cheese _____) on (bread choice): _____
- ___ salami (cheese _____) on (bread choice): _____
- ___ American cheese (grilled or cold) on (bread choice): _____
- ___ tuna fish sandwiches on (bread choice): _____
- ___ peanut butter & jelly sandwiches on (bread choice): _____
- ___ chicken almond salad with crackers
- ___ oriental style salad with crackers
- ___ cold pasta salad

Bread Choices: white, wheat, Swedish lympha rye, pita pockets, flour tortillas, Rye-Krisp, saltine crackers, snack crackers

Cheese Choices: Colby, Cheddar, Co-Jack, Pepper Jack

TRAIL LUNCHES

Pick 2-3 items per lunch: gorp, fruit nibbler gorp, beef & cheese sticks, summer sausage, granola bars, energy bars, beef jerky, cheese spread, snack crackers, saltines, Rye-Crisp, raisins, dried fruit

- ___ trail lunch: _____
- ___ trail lunch: _____
- ___ trail lunch: _____

HOT LUNCHES

- ___ split pea soup
- ___ Beef ramen noodle soup
- ___ Chicken ramen noodle soup
- ___ minestrone soup (good as fish stew too)
- ___ chili (with crackers _____)
- ___ chili mac (with crackers _____)
- ___ potato & cheddar soup
- ___ hillbilly stew (vegetarian)
- ___ vegetarian chili

Note: dinner entrees (except fresh meats) can also be chosen for a hot lunch

Helpful Hint: Crackers and tortillas weigh less and take up less space than loaves of bread. Consider having the tuna fish sandwiches (for example) in a tortilla wrap!



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Dinner Choices

FRESH DINNER ENTREES (max. 3 please)

FRESH – ½ lb hamburger
FRESH – 12 oz rib eye steak
FRESH – 6 oz ham steak
FRESH – smoked sausage
FRESH – chicken breast – boneless
FRESH – hot dogs or brats

SIDE DISHES to be added to FRESH ENTREES (if you wish)

monterey pintos & rice, red beans & rice, black beans & rice, curried rice
macaroni & cheese, buttered noodles, garlic mashed potatoes,
hash browns, hash browns with onions & peppers,
(or add a hot soup from the lunch menu)

BEEF ENTREES

beef stroganoff over noodles
beef stroganoff over wild rice
beef rotini in marinara sauce
mashed potatoes with beef and onion
beef tamale pie
pepper steak over seasoned rice
Mexican beef & rice
beef enchilada
chili or chili-mac

VEGETARIAN ENTREES

three cheese lasagna
mushroom pilaf with vegetables
spaghetti marinara with mushrooms
spicy thai peanut
fettuccini primavera
sundried tomato pasta
spaghetti marinara
Himalayan lentils & rice
macaroni & cheese
vegetable curry & rice
cheese enchilada
zucchini lasagna
black beans & rice
red beans and rice
Thai Noodles

SEAFOOD ENTREES

shrimp newberg
Cajun salmon
pesto salmon pasta

POULTRY ENTREES

fettuccini alfredo with turkey
homestyle turkey with mashed potatoes
BBQ chicken over rice
almond chicken over couscous
chicken & brown rice
chicken & noodles
chicken primavera
Dijon chicken over brown rice
chicken teriyaki over rice
homestyle chicken with mashed potatoes
pineapple orange chicken over rice
sierra chicken, mushrooms & peppers over pasta
honey mustard chicken over rice
kung pao chicken with pasta (has peanuts)
mandarin orange chicken over rice
chicken fajitas
chicken & rice

VEGETABLES

corn	peas & carrots
green beans almondine	garden vegetables
green beans	
peas	

DESSERTS

cinnamon apple crisp	blueberry cobbler	strawberry cheesecake	chocolate cake
chocolate pudding	raspberry cobbler	blueberry cheesecake	apple & spice
gingerbread	blackberry cheesecake	chocolate mud slide pie	apple almond crisp
rice pudding with raisins	chocolate peanut butter pie	peach crumble pie	banana cream pie
apple cobbler	lemon pie	apple muffins	three berry cobbler
	apple brown betty	raisin-cinnamon muffins	



**CANADIAN BORDER
OUTFITTERS**
DINNER SELECTIONS

PLEASE INDICATE A SECOND CHOICE ENTRÉE (other than for the FRESH entrees) in case we need to make a substitution. Thanks.

ENTRÉE

SIDE DISH

VEGETABLE

DESSERT

HELPFUL HINTS: To save weight and bulk in the food pack, , desserts are generally heavy .. consider not carrying a dessert for every meal. For fish dinners, the fish breading we use is a very light crumb coating. If you prefer a heavier breading, consider adding a scrambling egg mix for dipping the filets before rolling in the breading. Most of the soups and most of the vegetarian entrees are wonderful with a few cubed fish filets added.

HELPFUL HINTS

Your food pack will not include a breakfast for your first day and will not include a dinner for your last day. Here's a sample menu for a 5-day trip .. 4 breakfasts, 5 lunches, 4 dinners:

BREAKFASTS

- 2 FRESH eggs
- 1 BWCA Breakfast Muffins
- 1 buttermilk pancakes

SIDE DISHES

- 1st: bacon, hash browns with peppers & onions, OJ 2nd: sausage, diced potatoes, OJ
- OJ
- maple syrup, pineapple OJ

LUNCHES (each lunch also includes a "snack")

- 1 sliced salami (yes and cheese) sandwiches on (bread choice): lympa rye
- 1 hot lunch beef ramen noodle soup
- 1 trail lunch: summer sausage, cheese spread, on tortillas
- 1 trail lunch: beef jerky, granola bars
- 1 trail lunch: beef & cheese sticks, energy bars, gorp

DINNER ENTREES	SIDE DISH/2nd CHOICE	VEGETABLE CHOICE	DESSERT CHOICE
<u>hamburgers</u>	<u>mac & cheese</u>	<u>green beans almondine</u>	<u>apples & spice</u>
<u>rib eye steaks</u>	<u>garlic mashed potatoes</u>	<u>corn</u>	<u>raspberry cobbler</u>
<u>smoked sausage</u>	<u>Monterey pintos</u>	<u>garden vegetables</u>	<u>peach cobbler</u>
<u>fettuccini alfredo with turkey</u>	<u>OR almond chicken</u>	<u>peas & carrots</u>	<u>lemon pie</u>

IMPORTANT:

You'll need to provide us with a completed menu at least two weeks prior to your arrival date. Please submit by mail (14635 Canadian Border Road, Ely, MN 55731), fax (218-365-5847), e-mail (cbo@canoetrip.com) or phone (800-247-7530). Last minute changes in group size can always be accommodated. Our repacking fee is \$25 per travel group.



CANADIAN BORDER OUTFITTERS

Expedition Gear Guide

To customize your equipment to your crew's needs, please provide us some additional information on the items below.

Tent preferences

- ___ # of 4-man tents
- ___ # of 6-man tents

Sleeping bag preferences

- ___ # of regular length
- ___ # of tall length (6'0+)

Optional Items

FREE with your package

- ___ Silva compass
- ___ Gerber hatchet w/sheath
- ___ First Need water filter
- ___ Basic first aid kit
- ___ Anchor bag
- ___ Fish cleaning board
- ___ Fish net
- ___ Rod holders
- ___ Bait container
- ___ Rain ponchos

Base Camp Optional Items

FREE with your package

- ___ Cots
- ___ Folding chairs
- ___ Folding table
- ___ Solar shower
- ___ Basecamp screen tent
- ___ Camp pillow
- ___ Primus/Coleman lantern
- ___ Ground cloth



Additional Items

Due to limited supply, advance reservation is appreciated.

SATELLITE PHONES

\$25/day or \$100/week, usage additional \$3/min

While cellular phone coverage can be unreliable in the Northwoods, a satellite phone can provide an additional measure of security should an emergency arise.

SPOT SATELLITE TRACKER

FREE with your package!



The Spot Satellite Tracker is a state-of-the-industry hi-tech communication and navigation aid that charts your travels via GPS, emails your waypoints to friends and co-workers via Google Maps, alerts CBO to changes in your schedule or itinerary, and alerts emergency responders to your pinpointed location for needed assistance via 911. Spot has revolutionized safety in travel and is extremely lightweight at only 7.37 oz.



GPS UNITS

\$15/day or \$90/week

Our GPS units come preloaded with up-to-date map software. Use the unit to mark waypoints for easy returns back to your campsite, a hidden portage, the tow boat pickup or back to CBO. If base camping, use it to mark your fishing spots for the next day's adventure!



CRAZY CREEK CANOE CHAIRS

FREE with your package

Our most popular canoe accessory! Paddle all day in comfort. With the thick, padded seat plus welcomed back support. Adjustable for a variety of seating positions. And it doubles as a nice around-the-camp chair.

Other Items Included: Nesting pots, lexan dinnerware, cooking and eating utensils stored in a utensil wrap, griddle/fry pan, boiler or coffee pot, Primus super-light stove and fuel, trowel and fire grate (Canadian trips), lightweight dining fly, packs with padded shoulder & hip straps for gear/food/personal items, dry bags for clothing & personal items, under-seat canoe storage bags, thermarest self-inflating mattresses, collapsible saw, bear rope pulley system, and 50' parachute cord.