



# CANADIAN BORDER OUTFITTERS

## Nonprofit Group Menu Planner

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. Please call if you have any questions. [Please fill out a separate planner for each travel crew.](#)

**Nonprofit Organization:** \_\_\_\_\_

**Party Leader:** \_\_\_\_\_ **Crew Size:** \_\_\_\_\_ **adults** \_\_\_\_\_ **youth**

Special Instructions/Needs??

### EXTRA 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

### STAPLES

(always packed)

- salt & pepper
- margarine
- trash bags
- hand soap & dish soap
- SOS & handi-wipes
- toilet paper
- aluminum foil
- matches
- paper toweling
- potholder

### OPTIONAL ITEMS

(check preferences)

- \_\_\_ fish breading # meals planned: \_\_\_\_\_
- \_\_\_ vegetable oil
- \_\_\_ Miracle Whip
- \_\_\_ mayonnaise
- \_\_\_ mustard
- \_\_\_ ketchup
- \_\_\_ tartar sauce
- \_\_\_ fresh onion
- \_\_\_ marshmallows
- \_\_\_ individual qt water bottles \_\_\_\_\_ # needed

### SPICE

(check preferences)

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

### BREAKFASTS

all breakfasts include *hot chocolate and OJ*

- \_\_\_ FRESH eggs, bacon, hashbrowns
- \_\_\_ BWCA Breakfast Muffins (egg, sausage, English muffin)
- \_\_\_ scrambled egg mix with bacon bits
- \_\_\_ cheese omelet w/ onions & peppers, diced potatoes
- \_\_\_ French toast (white, wheat, or Lympa rye bread), maple syrup, applesauce
- \_\_\_ blueberry pancakes, bacon, maple syrup
- \_\_\_ instant oatmeal, raisins
- \_\_\_ quick breakfast: breakfast bars

**NOTE:** We recommend no more than 3 breakfasts with fresh meats.

### DINNERS

all dinners include *fruit drink*

- \_\_\_ FRESH burgers, mac & cheese, green beans, chocolate pudding
  - \_\_\_ FRESH sirloin steak, garlic mashed potatoes, peas & carrots, fruit cobbler
  - \_\_\_ FRESH ham, diced potatoes, corn, apples & spice
  - \_\_\_ FRESH hot dogs, diced potatoes, corn, raspberry cobbler
- please choose only 3 days of **FRESH** entrees only once each

### LUNCHES

all lunches include *snacks and fruit drink*

- \_\_\_ salami & American cheese sandwiches (bread choice: \_\_\_\_\_)
- \_\_\_ summer sausage & cheese spread in tortilla wraps
- \_\_\_ peanut butter & jelly sandwiches (bread choice: \_\_\_\_\_)
- \_\_\_ trail lunch: beef jerky, cheese spread, crackers
- \_\_\_ trail lunch: beef & cheese sticks, granola bars
- \_\_\_ quick cook: chicken ramen noodle soup
- \_\_\_ quick cook: beef ramen noodle soup
- \_\_\_ hot chili with crackers

Bread choices: *white, wheat, Lympa rye, tortillas (less weight/bulk)*

- \_\_\_ Beef stroganoff, peas & carrots, apple cobbler
- \_\_\_ Mexican beef & rice, corn, chocolate pudding
- \_\_\_ Chicken & rice, green beans, apple brown betty
- \_\_\_ Chicken & mashed potatoes, corn, rice pudding
- \_\_\_ Turkey Alfredo, peas & carrots, chocolate pudding, fruit drink



## CANADIAN BORDER OUTFITTERS

### Nonprofit Group 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+)

#### Stove options

- Single burner  
 Double burner

#### Water Purification preference

- Tablets (free)  
 Water Filter (\$7/day)

#### Optional Items

*(no additional charge)*

- Ponchos  
 Fish cleaning board  
 Fish net  
 Tent ground cloth

#### Additional Items *(additional charge)*

*Due to limited supply, advance reservation is appreciated.*



#### SATELLITE PHONES

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

*While a 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

*\$12/day or \$72/week*

*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

*\$3/day*

*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, dinnerware, cooking and eating utensils, griddle/fry pan, boiler or coffee pot, 2-gallon water container, trowel and fire grate (Canadian trips), kitchen tarp, packs with padded shoulder straps for gear, food & personal items, saw/hatchet, bear rope pulley system, and 50' parachute cord.

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.