**WCT- May 2015-- Food Planning and Packing Tips.**

Often the highlight or the lowlight of the trip will be food. Take a little extra time to plan, prepare and package carefully...

Factors to consider:

1. Energy- High energy

2. Nutritional content

3. Bulk and weight-dried foods are light-Do not bring cans unless you check with me...

4. Spoilage- no perishables

5. Cost-bulk is cheaper

6. Ease of packing- avoid big cans-items that can be crushed..

7. Breakage-syrup/honey must be packaged well

8. Variety- it is important to have change in your diet..

9. Prep Time- easier is better when you are tired..

10. Garbage-limit reduce all garbage..

Students should bring approx. 1.5-2.0 pounds per day--- Approx 12 pounds of food or less.

Students need travel food money for May 19 and May 26..We will eat on the ferry or fast food..

Recommended Trail foods: (IF YOU ARE UNSURE ABOUT A FOOD YOU WANT TO BRING CHECK WITH ME)

**Breakfast**: instant oatmeal, dried cereals,dried fruit, bagels, peanut butter, jam,hot tea, brown sugar,powdered milk, english muffins, breakfast bars,instant coffees,hot chocolate,honey

**Lunch**: Bagels, tortilla shells, beef jerky, pepperoni, summer sausage, salami, cheese(aged), trail mix, drink mixes, granola bars, fruit bars, any types of granola/energy bars...,peanut butter, jam,tiny sized tuna cans, mustard

**Supper**-- Dried pastas or rice, Lipton Packaged Pastas, spices, dried soups, stuffings, dried instant potatoes, salamis, summer sausages, tortilla shells, cheese(aged)...spices

**Staples**- oil, margarine, salt pepper, spices, mustard,

**Snacks**-- Nuts, dried fruit, chocolate, trail mixes, jerkies, granola bars, energy bars, crackers in container, aged cheeses,pepperoni sticks--- Do not bring junk food-- i.e- chips...

Dinner Ideas--

**Quesadillas-**---Tortillas shells soft with cheese, salami, salsa..

**Pancakes/Bacon**-- Pre-made Pancake Mix add just water -Syrup, oil, precooked- sealed bacon

**Pasta/Meat Sauce**--Angel Hair- light pastas cook quicker---Small can of tomato paste/ fried salami,..parmesan cheese..salt/pepper

**Christmas Dinne**r-- Boxed Stuffing, Instant mashed potato, Turkey Salami, Gravy..

**Lipton Pasta**--- These come in a large variety add a fried meat sausage and you have an easy meal.

**Packaged/Dehydrated Meals**- simple, easy just add hot water. These meals are great if you don’t like cooking or are just lazy....

Food Packing--

Repackage and organize all food into ziploc bags.. Divide up all your snacks into your daily requirements.. Organize and ziploc all your dinner meals... You need a separate stuff sack to hold all your food... Get rid of all garbage before you go.... Eg..Get rid of Kraft Dinner Box... and put into ziplocs..-- You don’t want to have to deal with extra garbage... Garbage Cans do not exist on the West Coast Trail...

Make sure to provide proper cutlery, and utensils(eg flipper for pancakes)...An insulated mug is nice for warm drinks..

Plan out everything in advance----

You and your cooking team need to have a nightly plan...

I will give you an idea of daily distance covered so you know how tired you will be...

Tuesday- Fastfood

Wed- Long Day 10-14km

Thursday- Less Long Day 10km

Friday- Really Really Long Day around 18km

Sat- Long Day 10km

Sun Long Day 8-10

Monday Long 8km

Tuesday-- Up at 4am--Trail food only no cookinglll

Itinerary.....Daily Routine for West Coast Trail:

**Evenings**--Setup Tents- Make Dinner-Cleanup Dinner- Evening Meeting-Freetime- Food Cached--Water Pumped ----In Tents by 10:30.pm asleep by 11:30pm

**Mornings**- Wake up early..-Breakfast-Cleanup--Packup Tents and Pack- Pump water-Depart

**Tuesday(M-19)**- Abbotsford to Horsheshoe Bay ferry to Nanaimo- Bus to Pachena Bay WCT Trailhead.. Dinner in Nanaimo..Camp at Pachena Bay Campground.

**Wed(M-20)**-Up at 6:30am- Orientation at 9:30---Meeting at 9:15

Hike to Michigan, Orange Juice or Tsocowis Creeks--

**Thursday(M-21)-**- Up at 5:45 am- Meeting 7:45 -Depart at 8:00 pm--Hike to Tsusiat Falls.

**Friday(M-22)-** Up at 5:00am- meeting 6:45 am- depart 7:00pm- Hike to Cribs-- Water Taxi across Nitnat River.. This is the most distance covered in one day, but fairly easy going....Have money for Crab Shack..

**Sat(M-23)**- Up at 5:45am- meeting 7:45am- Depart 8:00 pm- Hike to Walbran-- Beautiful Day--- Stop at Chez Moniques and Carmanah Lighthouse..

**Sunday(M-24)-** Up at 5:45am- meeting 7:45 am- Depart 8:00pm - Hike to Camper Bay-

**Monday (M-25)-**  Up at 5:00- meeting 6:45 am- Depart 7:00 pm- Hike around Owen Point to Thrasher Cove- WeatherPermitting

**Tuesday (M-26)** Up at 4:00am-- No breakfast- No meeting--- Out by 5:00am-- Grab snacks for the trail.. WCT is over !! YOU DID IT!!

Catch Ferry to Port Renfrew--Ride to Victoria on bus...Eat on ferry...

At school-- Take all of your equipment out of backpacks- and throw into garbage bags....

Put all of my tents, backpacks,stoves, water pumps, fuel, pots/pans into my truck..