



Bears Ears Camping Trip

May 8 – 13, 2022

Meals

All food will be provided and trip participants will take turns with meal prep and clean up. Cooking and prep equipment and fuel will be provided. Participants should bring their own utensils, cups, plates, and a sturdy container for carrying their lunch each day.

We will do our best to accommodate food allergies and preferences, and will provide as many fresh vegetables and fruits as possible. Please let SFCT know of your food restrictions in advance. Participants should bring their own favorite snacks and beverages.

Meals options will change each day and may include:

Breakfasts – Polenta with shredded cheese and salsa; Oatmeal with dried fruits; Granola with yogurt, nuts and fruit; Almond pancakes.

Lunches - (to pack & take on the trail) Chopped Greek Salad with chickpeas and feta cheese; Pita Wraps with hummus and veggies; Peanut or Almond Butter on Rye; Bagels with cream cheese and cucumber; trail mix, energy bars, cheese and crackers and fresh fruit.

Dinners – Tacos with chicken and fixins; Green Chili Soup; Quinoa or Whole grain Pasta with veggies or chicken; Tomato Soup; Sausage & Bean stew; Asian Noodles with Tofu and veggies; Turkey black bean chili; salads, fruits, cookies, brownies.

Drinks – Coffee, Tea (Black, Green and Herbal) Hot Chocolate, Electrolyte drinks (ie Gatorade, Powerade.) **If you would like additional beverages please BYOB.**