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### **Food and Camp Items (Standard Drop Camps Only)**

Pack food that isn't drastically different than your normal diet. High altitude can affect your digestive system. The last thing you want to do is add an additional variable. Focus on high caloric foods and make sure to pack some food that can go with you in your day pack while hunting. If you have someone in your group who wants to spend time being a cook, plan out several enjoyable meals. If not, focus on meals you will enjoy but are easy to prepare. Pack a couple easy meals regardless of your cooking intentions, sometimes circumstances make an easy prep meal a godsend.

Steaks, burgers, fruit, potatoes, toast, bagels, buns, eggs, sausage/bacon, breakfast burritos, ham, canned goods, cheese, and slow to perish vegetables (carrots, broccoli, green beans etc...) are all common. Don't forget cooking oils.

Assume that half your weight limitation will be used for food. That means 50lbs per person, or roughly 7lbs a day. This limitation includes the weight of packaging so consider repackaging.

Frozen and perishable food should be packed in coolers that weigh less than 65lbs a piece and are near the 48 quart volume size. If your group is bringing an even number (2,4,6) number of coolers, pair the coolers so we have matching weight coolers to pack on the mules (one on each side of a mule).

Frozen food stays best if wrapped in several layers of newspaper in a cooler without ice. Perishable food can be placed in a cooler with frozen food. Eggs and bread can be packed on the top in coolers.

Nonperishable food can be brought to base camp in cardboard boxes. Small waxed cardboard boxes are best. "Banana Boxes" are great. We will pack the items to make even loads for the mules.

In terms of consumable items, we only provide fuel (propane or white gas for the camp equipment) and dish soap. You need to pack all other consumables for your camp. This includes toilet paper, cooking oils, personal hygiene, matches, lighter fluid, etc...