

An aerial photograph of a small canoe on a dark, calm body of water at night. The canoe is illuminated from within, and a long, glowing trail of light points extends from its stern towards the bottom left corner of the frame. The background is a vast, dark expanse of water under a dim sky.

FOODPACK MENU

THE CANOE TRIP

THE CANOE TRIP SURVIVAL FOODPACK

This menu is for reference only. All ingredients can be changed and exchanged by the rangers.

THE CANOE TRIP

FOODPACK MEAT

ARRIVAL DAY

Lunch: Sate Babi

Dinner: Rice with curry and lentils

DAY 2

Breakfast: Expedition Breakfast

Lunch: Mince Beef Hotpot

Dinner: Ravioli

DAY 3

Breakfast: Knusper Müsli

Lunch: Veggie Couscous

Dinner: Delicious hot dogs

SNACKS

chips

Nut mix

Musli bars

Coffee

Tea

Pepper & salt

Apple

Carrot

*Would you like more fresh ingredients? Bring these yourself to add to your foodpack.

FOODPACK VEGGIE

ARRIVAL DAY

Lunch: Pasta with mushrooms
Dinner: Rice with curry and lentils

DAY 2

Breakfast: Expedition Breakfast
Lunch: Veggie Couscous
Dinner: Veggie Ravioli

DAY 3

Breakfast: Knusper Müsli
Lunch: Vegetable hotpot
Dinner: Delicious veggie hotdogs

SNACKS

chips
Nut mix
Musli bars
Coffee
Tea
Pepper & salt
Apple
Carrot

*Would you like more fresh ingredients? Bring these yourself to add to your foodpack.

CAMPING MADE EASY BY TRAVELBASE.EU

PREPARE FAST MEALS WITH YOUR TRANGIA COOKING SET

		MILK	GLUTEN	SOY	EGGS	NUTS	PINDA'S	CELERY	FISH	SESAME
GRAINS	EXPEDITION BREAKFAST	X	X			X	X			
	MUESLI	X	X			X	X			
VEGETARIAN	VEGETABLE HOTPOT	X		X		X	X			
	CURRY FRUIT RICE	X		X		X	X			
	CASHEW NASI	X	X	X		X	X			
	PASTA AI FUNGHI	X	X		X	X	X			
	PASTA ALLE NOCI		X		X	X	X			
	VEGGIE COUSCOUS		X			X	X			
	MEXICAN QUINOA									
MEAT	GULYAS	X				X	X			
	MINCE BEEF HOTPOT	X	X			X	X			
	CHICKEN CURRY	X				X	X			
	BOBOTIE				X	X	X			
	PASTA CARBONARA	X	X		X	X	X			
	PASTA BOLOGNESE	X	X		X	X	X			
	CHILI CON CARNE									

ALWAYS CHECK THE PRODUCT LABEL FOR UP-TO-DATE PRODUCTION INFORMATION.



WOULD YOU LIKE A FOOD PACK DURING YOUR TRIP?

DON'T HAVE A CANOE TRIP SURVIVAL FOODPACK YET, BUT CHANGED YOUR MIND? FEEL FREE TO SEND AN EMAIL TO [INFO@THECANOETRIP.COM](mailto:info@thecanoetrip.com) TO ADD IT TO YOUR BOOKING (SUBJECT TO AVAILABILITY) OR DO IT VIA YOUR PERSONAL PROFILE ON THE WEBSITE.

See you in Sweden!