



Meals on Your Wilderness Pack Trip

Food is an important part of any vacation experience and we at Swan Mountain Outfitters know that it's hard to have a great time when you're hungry. Lucky for us- the mules carry all the food up the mountain, so we are able to provide hearty meals with fresh ingredients. No dehydrated dinners on our watch! Let's give you an idea of what to expect below.

Accommodations and Considerations

Meal Structure: The morning of the trip launch breakfast will NOT be provided. Sack lunches are enjoyed picnic-style on your daily adventures. While in camp, meals will be served in the cook tent. On the last day of the trip, we'll enjoy breakfast and lunch together, but we'll say our farewells just before supper time.

Allergies: All food preparation stations at Swan Mountain Outfitters handle peanuts, tree nuts, soy, milk, eggs, wheat, and other allergens. Please list *any* allergies in your trip paperwork. In the case of severe allergies, please communicate with us directly to confirm that an appropriate plan can be made to ensure your safety.

Lifestyle choices: Diets such as vegetarian, vegan, keto, etc., can be accommodated. You are welcome to bring your preferred brands for substitutions (ex. gluten free bread). Just alert us so that we can ensure food safety is appropriately observed during transportation and storage.

Food Preferences: The more your cook knows the better he or she can help you to feel at home. We'd love to hear about your likes and dislikes. Just keep in mind the remote nature of this backcountry trip: Once a trip is shopped for and packed, adjustments may no longer be possible. Deviations from the typical menu must be reasonable and are at the cook's discretion.

Beverages: We do not furnish alcoholic or carbonated beverages. Of course, you may want to enjoy a nightcap or celebrate a toast! If so, bring beverages that we can pack along for you. For the sake of packing it on the mules, we discourage glass. Also, consider that you may feel the effects of alcohol more quickly or unpredictably in the backcountry than at home.

Final notes: Your safety and satisfaction are important to us, and if you still have any questions or concerns about the food on your trip, please feel free to give us a call and discuss with us.

Camp Cooking

(Each trip is unique; meals and ingredients are subject to change or exclusion.)

➤ **Breakfast**

Feel free to wander into the cook tent when you wake up. The cook will have coffee and tea going first thing! A hearty breakfast will usually be served around 7:30am to 8:00am. Here are a few breakfasts you may enjoy...

- Hash browns, sausage, eggs, toast, and fresh fruit
- Pancakes (with huckleberries if they are in season!), bacon, and scrambled eggs
- Breakfast sandwiches with Canadian bacon, sliced cheese, and fried eggs and fruit salad

➤ **Lunch**

Sack lunches for your saddle bags include a classic sandwich on white or wheat bread, layered with lunch meat, sliced cheese, and veggies. We don't like soggy sandwiches so condiments like Mayo and mustard are sent with to be applied fresh yourself. If you prefer, peanut butter and jelly sandwiches may also be prepared for you. Other snack items included with lunch may be:

- Granola bars
- Fruit (horses love sharing apples!)
- Chips
- Cookies
- Fruit snacks
- Trail mix

➤ **Dinner**

You're sure to have an appetite when you return from a day's explorations by horseback. Dinners are usually served around 5:30pm. Afterwards, you'll be treated to Dutch-oven deserts such as peach cobbler or brownies. Here are a couple different dinners that are always a hit...

- BBQ ribs with baked beans, potato salad, and cornbread.
- Tacos with seasoned meat, shredded cheese, refried beans, Mexican rice, onions, peppers, lettuce, sour cream and salsa.
- Spaghetti with a red meat sauce, toasted garlic bread, and a romaine salad with tomatoes.
- Steak, loaded baked potato, corn on the cob, and a romaine salad with tomatoes.

- Time to relax around the campfire! Maybe you still have room to sip a mug of cocoa, cider, or tea before bed.