

## **Dairy Allergy Supplements:**

Here is a list of our meals each day that contain dairy that you will need to bring supplements for. Keep in mind you will be eating large portions and high calorie foods to fuel you for trail. It is likely that you will not eat the meals in the order listed. You will want to have all of your food individually packaged for each meal before you arrive in base camp.

**Breakfast** – all our breakfasts are dairy free other than a few hot chocolates, powder milk and granola.

### **Supplement options we recommend you bring for breakfast:**

- dairy free hot chocolate/apple cider for 3 breakfasts/pre-mix soy milk powder with cocoa and sugar
- soy or non-dairy milk powder for two granola mornings (optional)
- two dairy free granola meals (depending on your sensitivity you may be able to eat the granola)

## **Lunches**

- Day1 – Bagels/cream cheese
- Day2 – Wheat crackers
- Day3 – Crackers/cheese
- Day4 – pita bread
- Day5 – Ritz Crackers/cheese
- Day6 – Wheat Crackers/cheese

### **Supplement options we recommend you bring for lunch:**

The main portion of the lunches is dairy free, but often we use cheese with our cracker meals. Please bring something to supplement the meals that have cheese (we have cheese a total of 4 lunches).

\*\*Recommendation would be:

- peanut butter/almond butter packets instead of cream cheese
- beef jerkey instead of cheese
- Lara/Luna/granola bars/trail mix/nuts instead of cheese

## **Dinners**

- Day1 – Thanksgiving dinner (stuffing, gravy, instant potatoes and soup have dairy)
- Day2 – Tuna rotini (Alfredo sauce and soup have dairy)
- Day3 – Mexi Meal (cheese and soup have dairy)
- Day4 – China meal (soup has dairy)
- Day 5 – Mac & Cheese (cheese sauce and soup have dairy)

### **Supplement options we recommend you bring for Dinner:**

- Dairy free soup- one for each meal (preferably ones that you just add hot water too)
- Dairy free pasta sauce for 2 meals (powder, just add for flavor) - optional
- Dairy free freezer dry meal (just add water) – for Day 1

## **Snacks**

- Snickers (dairy)
- Trail mix X2 (no dairy)
- Granola Bar (no dairy)
- Beyond bars X2 (dairy)

### **Supplement options we recommend you bring for Snacks:**

- 3 high calorie snacks
- good dairy free options are: lara/luna bars, fruit leather, other dairy free granola bars, trail mix.
- \*\* If not high calorie bring a few more.

Hope all this helps, please feel free to email us back with any further questions if need be.