

Beyond Malibu Gluten Allergy Supplements

If you are gluten free, we ask that you please bring supplements that you know work for you. For some of the meals, it is as simple as not adding the ingredients that contain gluten! Your guides will be doing the cooking and may need reminders, so be sure to communicate your gluten sensitivity with your guides. We provide small personal-sized pots and wooden spoons to prevent cross contamination. What you decide to bring will largely depend on how extreme your sensitivity to gluten is. Keep in mind you will be eating large portions and high-calorie foods to fuel you for your adventure. Look for high-calorie, light-weight, instant foods. You will want to have all of your food individually packaged for each meal before you arrive in base camp. Please be aware of the Pack-it-In, Pack-it-Out policy and consider the amount of food packaging you are bringing and consolidate when able.

Please use this supplement sheet and the “Beyond Malibu Meal Supplements Outline” as resources to plan what supplements you will bring.

At Hiking Basecamp:

Dinner 1: Hamburgers- Beyond provides gluten free buns.

Breakfast 1: French toast and sausage- Bring some gluten free toast or other breakfast supplement. Beyond can provide oatmeal.

Dinner 2: Beef stew- the meat marinade has soy sauce, but we use gluten free soy sauce for any trip with a gluten free participant or leader.

Breakfast 2: Pancakes and bacon- Bring gluten free pancake mix or other breakfast supplement. Beyond can provide oatmeal.

Lunch 1: Boat lunch pre-made sub sandwiches- apples, potato chips, and chocolate-chip cookies. Bring a few supplements to add to this lunch.

At Sea Kayaking Basecamp:

Lunch 1: Chicken Wraps- leave off the tortilla, loaded salad instead.

Dinner 1: Hamburgers- Beyond provides gluten free buns.

Breakfast 1: Pancakes and bacon- Bring gluten free pancake mix or other breakfast supplement. Beyond can provide oatmeal.

Lunch 2: Lasagna and salad- Bring gluten free noodles.

On The Trail:

Breakfasts

All breakfasts contain gluten. The granola and oatmeal is wheat free, but the oats that are used are not “certified” GF. Depending on your sensitivity, you may be able to eat the granola and the oatmeal. All of our breakfasts are “one pot meals” meaning most ingredient components are combined in one pot. Keep this in mind when looking at the meal components and what supplements you might need to bring. Guides can adjust how they make the food (using gluten-free pot) to avoid cross-contamination if needed.

Day 1 – Oatmeal and wheat bran (wheat bran added separately)

Day 2 – Granola / muffin

Day 3 – Red River (multigrain cereal containing wheat)

Day 4 – Granola / fig

Day 5 – Oatmeal and wheat bran (wheat bran added separately)

Supplement options we recommend you bring for breakfast:

- Gluten free oatmeal
- Qi'a (it's a great chia seed mix- add hot water to cook and expand and it's very filling)
- Gluten free granola
- Gluten free cereal mixes
- Breakfast protein powder shakes/mixes
- Gluten free breakfast bars
- Fruit leather/dried fruit

** Choose a combination of these to accommodate for a total of 5 breakfasts. Get creative, peanut butter packets and GF cookies make a nice additive to hot cereal.

Lunches

Day 1 (Bagel) - Bagels / cream cheese

Day 2 (PB&J) - Wheat Crackers / peanut butter and jelly

Day 3 (Wasa) - Crackers / meat and cheese

Day 4 (Pita) - Pita bread w/ peanut butter

Day 5 (Almond) - Wheat crackers / almonds and cheese

Day 6 (Pep Stick) – Ritz crackers / meat and cheese

Day 7 (Sandwiches- **for 8 Day Sea Kayaking Trips Only**) - Ham and cheese sandwiches / veggies / cookie

Supplement options we recommend you bring for lunch:

- Gluten free bagels / bread (bagel meal)
- Gluten free crackers (4 cracker meals)
- Rice cakes or GF tortillas (4 cracker meals/pita meal)
- Corn tortillas or GF bread (pita meal)
- If 8-day SK participant- Gluten free bread and gluten free cookie (sandwich meal)*

** Choose a combination of these to accommodate for a total of 6 lunches

Dinners

All of our dinners are “one pot meals” meaning most ingredient components are combined in one pot. Keep this in mind when looking at the meal components and what supplements you might need to bring. Guides can adjust how they make the food (using gluten-free pot) to avoid cross-contamination if needed.

Day 1 (Thanksgiving) - stuffing contains gluten

Day 2 (Tuna rotini) – noodles, breadsticks, and Alfredo sauce contain gluten

Day 3 (Mexi Meal) - taco seasoning contains gluten

Day 4 (China meal) - crackers and soy sauce contain gluten

Day 5 (Mac & Cheese + ham) - pasta contains gluten

Day 6 (*Spaghetti w/ breadstick- **for 8 Day Sea Kayaking Trips Only***) – pasta and breadsticks contain gluten

Supplement options we recommend you bring for Dinner:

- 5 gluten free soups- one for each meal (preferably ones that you just add hot water to)
- Gluten free pasta for 2 meals (*3 meals if 8-day SK participant*)
- Extra can of tuna to add for more protein
- 2 servings of gluten free crackers/rice cakes to add to dinners
- Gluten free taco seasoning/alfredo seasoning to add flavor (optional)
- If 8-day SK participant- gluten free bread/breadsticks for spaghetti meal*

Snacks

Snickers (gluten)

Trail mix X2 (no gluten)

Granola bar (Nature Valley oat bars, wheat free but not certified GF)

Beyond bars X2 (gluten)

Rice Krispies (gluten)

Chocolate (no gluten)

Supplement options we recommend you bring for Snacks:

- 5 high-calorie snacks (if not high-calorie, bring a few more)
- Great GF options are: Lara bars, fruit leather, other GF granola bars, GF trail mix.

It is likely that you will not eat the meals in the order listed. We hope this helps, please feel free to email us with any further questions if need be.