Pacific Crest Trail Association Menu Plan

(Adapted from Appalachian Mountain Club)

	week of Crew	Crew Leaders:	
Crew/Dates:	# of Participants:	Allergies/Food Dislikes:	

Day of Week	Breakfast	Lunci	h	Dinner	Dessert
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Pacific Crest Trail Association

Menu Plan

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Shopping List:

Food Items	# of Meals	Amount (To prepare for the field)	Total Amount to Buy	
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