

Pacific Crest Trail Association Food Survey

(Adapted from the PCTA North 350 Blades)

Name:

Email address/best way to contact you:

Which of the following do you **NOT** eat? Circle all that apply:

All Animal Products	Pork	Dairy	Soy	Sugar
All Meats	Fish	Eggs	Tree Nuts	Spicy Foods
Beef	Shellfish	Wheat	Peanuts	Highly Acidic Food

Other, specify:

What do you prefer to drink in the morning?

Coffee	Tea	Cocoa	Juice	Milk
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What do you prefer end of day beverage?

Gatorade	Hot Tea	Water
Iced Tea	Cocoa	Beer (BYO)

When doing trail work, are you a:

Light Eater (8-12 oz.)	Average Eater (12-16 oz.)	Big Eater (16 oz. plus)
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What do you prefer for breakfast at camp?

Fruit	Yogurt	Fried Eggs	Pancakes	Bacon
Cold Cereal	Granola	Hash Browns	Breakfast Burritos	Ham
Oatmeal	Toast/Bagels	Biscuits & Gravy	Corned Beef Hash	Veggie Sausage
Grits	Scrambled Eggs	French Toast	Sausage	

What do you prefer for sandwich breads for lunches?

White	Sourdough	Multi-grain
Wheat	Rye	Tortillas

Other, specify:

What do you prefer to take for snacks and lunch on the trail?

Chips	Fruit	Candy Bars	Nuts	Trail Mix
Granola Bars	Cut Vegetables	Cookies	Dried Fruit	Jerky

Other, specify:

What sounds good after a day of trail work for dinner? (All vegetarian/veg option available.)

Burgers	Shrimp & Grits, Collards	Brats/Italian Sausage Sandwiches
Chili & Cornbread	Build Your Own Burrito	Tamale Pie
Spaghetti & Meatballs, Salad	Mac 'N' Cheese, Steamed Vegetable	Mushroom/Beef Stroganoff
New England Clam Chowder	Stir-Fry & Rice/Noodles	Roast Turkey Breast & Sides
Manhattan Clam Chowder, Garlic Bread	Vegetable Stew (meat optional)	Vegetable Lasagna
Polenta w/Sausage & Vegetables	Grilled Cheese & Soup, Salad	
Grilled Salmon Caesar Salad	Vegetable/Legume Curry	

Anything else you'd like the cook to know? (Use the back for comments/suggestions.)