

Pacific Crest Trail Association
Menu Plan
 (Adapted from Appalachian Mountain Club)

___ week of Crew
 Crew/Dates: _____ # of Participants: _____

Crew Leaders: _____
 Allergies/Food Dislikes: _____

Day of Week	Breakfast	Lunch	Dinner	Dessert

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Shopping List:
Food Items

of Meals

Amount (To prepare for the field)

Total Amount to Buy