

Eat, Paddle, Love

Resource Sheet QWS 2017

Chris Hanna goingunlicensed@gmail.com 517 242 0576

Costa Concordia http://en.wikipedia.org/wiki/Costa_Concordia

Canadian Border Outfitters <http://canoetrip.com>

Sigurd Olson and Dorothy Molter---Ely, MN

Equipment

REI <http://www.rei.com/>

Cooke Custom Sewing www.cookecustomsewing.com/

Mountainsmith Hauler 4 Storage System

<http://mountainsmith.com/index.php/products/storage-systems/modular-hauler-4.html>

Camping chair <https://www.boundarywaterscatalog.com> 1-800-223-6565

Swedish Army cup/Sporks multiple Internet sources

aLOKSAK is an element-proof storage bag, preventing leakage from water, air, dust and humidity.

www.campsaver.com The dual 10" x 10" compartments (20"L x 10"W x 6.7"H overall) laminated double folding basin

<https://www.rei.com/learn/expert-advice/backpacking-stove.html> [HYPERLINK "https://www.rei.com/learn/expert-advice/backpacking-stove.html"](https://www.rei.com/learn/expert-advice/backpacking-stove.html) Backpacking Stoves: How to Choose

Food

NIDO dry milk <https://www.nestlenido.com/#aboutnido> 53 servings per container (resealable container)

Just Veggies www.justtomatoes.com/jtstore/pc/Organic-Just-Peas-p116.htm

Harmony House <http://www.harmonyhousefoods.com> 1 (800) 696-1395 North Carolina

Cache Lake Foods <http://cachelake.com> info@cachelake.com 800-442-0852 Minnesota

Ghee/Quick cooking pasta

Resources

- Callan K & Howard M. 2013 The New Trailside Cookbook. Firefly Books
- Jacobsen C. 1998. Camping's Top Secrets (2nd ed.) The Globe Pequot Press
- Padling.com A kayaking and canoeing information resource and paddling community. Boat reviews, buyers' guides, used kayaks and canoes, places to paddle, and cooking articles (In the Same Boat)

Midwest Paddle Shows

Canoecopia <http://www.canoecopia.com/> March, 10-12, 2017 Madison, WI

Outdoor Adventure Expo-Midwest Mountaineering April, 28-30, 2017 Minneapolis

<http://www.outdooradventureexpo.com>

Packing list

Cooking

- Matches
- Stove
- Fuel

Food prep

- Swiss army knife
- Big and small pot
- Lid/cutting board/strainer
- Fry pan
- Dish soap
- Percolator
- Spatula
- Big Spoon
- Cozies
- Pot grip
- Water purification

Eating

- Sporks
- Eating bowls/lid
- Cups/measuring

Clean up

- Scrunge/soap/scraper
- Tea towel
- Trash bags
- Collapsible bowl/bucket