



Trip Menu & Equipment Planner

Outing/Campout: _____ Patrol Name: _____

Departure Date: _____ Return Date: _____ # of Days _____ # of Nights: _____

Patrol Leader: _____

of People to Feed: Scouts: _____ Adults: _____ Total _____ Special Diet Needs: _____

Menu Planning Guide (Food Groups & Servings per day)

Bread, Cereal, Rice & Pasta (6+)	Milk, Yogurt, Cheese (3+)	Meat, Fish, Eggs, Beans & Nuts (2+)
Vegetables (3-5)	Fruit (4+)	Fats, Oils & Sweets (use sparingly)

Plan balanced meals considering each food group. Maximize water & milk. Avoid soda and sugar juices. Plan Recipes & cook; minimize "hot dogs." Keep food cold, wash hands before handling food & cook thoroughly. Pot dinners may combine Food Groups. If hiking, list extra protein snack (under Lunch) with extra water. Plan new recipes & bring in a binder. Recipes can be found at www.ussscouts.org/cooking. Find old successful menus as PL archives this form. *Make Meals Fun!*

Meal	Main Dish	Side Dish/Bread	Fruit	Vegetable	Drink: Hot/Cold	Dessert
Fri. Dinner						
Sat. Bkfst						
Sat. Lunch						
Sat. Dinner						
Sun Bkfst						

Once Menu is planned, calculate servings needed & food quantities to purchase. Complete Grocery & Supplies Shopping List.

Attendance:

List Leaders & Adults Attending & Needing Food	List Scouts Attending & Needing Food

Name of Drivers	# of passengers

Equipment Needed: (request from QuarterMaster):

Trailer: Yes or No		
# of Tents		

Other Paper Work: Is Trip Agenda done: Y or N Is Duty Roster done: Y or N Tour Plan Completed: Y or No

Other permits/reservations: _____

Approved by: SPL _____ SM _____

PL: Give copies to SPL, SM & QM **PL: Post copy at Camp with Duty Roster and Daily Agenda** (QM archive to Event Binder)