

# Mt. Whitney Backpacking Trip Food List

## Acclimatization Day

### Dinner

At Whitney Portal Store

Hot Chocolate

Cookies

## Day #1...WP to TC

### Breakfast

Coffee

Oatmeal

### Trail Food

Gorp

Clif Bar

Slim Jim Beef/Cheese

Mentos

### Lunch

Roast Beef & Swiss/Bagel

Cookies

### Dinner

Tortellini w/ Cheese and O. Oil

Cookies

Wine

Hot Chocolate

Cookies

## Day #2...TC to Summit RT

### Breakfast

Coffee

Oatmeal

### Trail Food

Gorp

Clif Bar

Slim Jim Beef/Cheese

Mentos

### Lunch

PBJ on Tortillas (2)

Cookies

### Dinner

Mashed Potatoes Cheese/Gravy

Cookies

Hot Chocolate

Cookies

## Day #3...TC to WP

### Breakfast

Coffee

Oatmeal

### Trail Food

Gorp

Clif Bar

Slim Jim Beef/Cheese

Mentos

### Composite List

3 - Hot Chocolates

12 - Cookies

Coffee

Sugar

Creamer

6 - Oatmeals

12 oz. - Gorp

3 - Clif Bars

3 - Slim Jim Beef and Cheese

Mentos

Bagel

$\frac{1}{4}$ # - Roast Beef

3 slices - Swiss Cheese

2 pk. - Horseradish Sauce

2 Sticks - Peanut Butter

1 pk. - Jelly

2 - Tortillas

4 oz. - Tortellini

Parmesan Cheese

O. Oil

Salt/Pepper packets

Instant Mashed Potatoes

4 oz. - Italian Five Cheese Mixture

1 - Schilling Beef Gravy

Wine

Kahlua

Beer