

# Provisioning For Sailing An Ocean

Destination	Special events	Days
<b>CANNED FRUIT</b>	Wesson oil 16oz	<b>Toiletries</b>
Fruit Cocktail Very Cherry 6 cans 15oz	Salad dressing Italian 8oz	
Pears 1 can 30oz	Caesar dressing 16 oz	One small dish washing soap
Applesauce 2 jars large	Yellow mustard 1 plastic bottle 8 oz	Matches
Mushrooms 2 small cans	Ketchup 32 oz	Sponge 2 for galley, 1 large sponge for the floor
Frozen mixed vegetables 6 bags	Mayonnaise 1 jar 32 oz	Alcohol, rubbing, to kill fish
Black Beans 1 large can	Pickles Dill sandwich slices 16 oz	Paper towels, half sheet type, Bounty brand, 3 rolls
Blueberries 15 oz		Toilet paper 5 rolls
	Caught 2 fish along the way	Kleenex 1 box
<b>PASTA</b>		Trash Bags 2' X 2' box of 15 13 gal capacity
Spaghetti 2 boxes	<b>DRINKS</b>	Clorox 1/2 gal
Raman Noodles 6 packets	Ginger Ale 18 cans	Aluminum foil one box 75 sq ft.
Parmesan cheese 8 oz	Coke 12 cans	Saran wrap 100 sq'
Spaghetti Sauce 2 jars 30 oz	Sprite 12 cans	Food storage bags medium size (gallon size) 1 box of 20
Yellow Rice 2 boxes	Mountain Dew 12 Total of 5 1/2 cases of sodas	Magic Marker one
Couscous 4 boxes 5.6oz	Root Beer 12 cans	2 C cell batteries
Bread Crumbs (for pork chops)	V-8 juice 6 cans	6 AA cell batteries
	Apple juice 2 litre	
<b>DAIRY</b>	Kool-Aid Lemonade mix 19oz	<b>Junk Food</b>
Margarine 2 tubs 1 pound each	Tea bags one box of 24 bags	Triscuits 1 box 9.5 oz
Colby/Cheddar cheese 5 packs	Coffee 2 cans	Fritos 2 bags 10.5 oz
Assorted weird cheeses 2 packs	Fruit Punch concentrate 16oz bottle ( Sunquick )	Tortilla Chips
Fresh milk 3, one half gallon cartons	6 gallons of spring water	Dip, in cans 3 tubs
Long life milk, Parmalat 8 cartons	Hot chocolate mix	Ritz Crackers
Eggs 5 dozen		Oatmeal Cookies with raisins, 2 boxes
Bread 7 loaves "Oatnut" or whole grain bread	Pancake Mix	Assorted cookies 2 small boxes
Raisin Bread one loaf	Aunt Jemima 1 box 32oz	4 large bags of small candy bars
	Syrup 24oz	Granola Bars 1 box of 12 bars
<b>PRODUCE</b>		Planters Peanuts one can 12 oz
Fresh Red potatoes 10 lbs	Frozen dinner rolls and cinnamon rolls 3 rolls	Planters cashews one can 12 oz
Onions 2 lbs	Dry Cereal Granola type 6 pounds	
8 limes	Oatmeal Instant 1 package	
Tomatoes 6		
One Fresh pineapple	<b>MEATS</b>	
Apples, 2 bags of small red delicious apples	Rotisserie chickens already cooked 4	
Bunch of bananas	Pork Chops 16 chops	
4 bags of prepared salad	Hamburger 8 lbs	
	6 steaks	
Soups Cream of Mushroom 1 can 10 oz	Sliced Turkey 2 lbs divide into 1 lb bags	
Clam Chowder 2 cans 10 oz	Sliced Roast Beef 2 lbs divide into 1 lb bags	
	Sliced Ham 2 lbs dived into 1 lb bags	
<b>SPICES</b>		
Onion Powder	Tuna 4 cans of 12oz	
Salt, Pepper 2 disposal packs	Clam Chowder 2 cans	
Garlic Powder		
1/2 lb sugar in individual packets	Peanut Butter Jif creamy 40 oz	
	Preserves small 3 jars	

**"BRING HALF OF WHAT YOU THINK YOU NEED,**

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