

Provisioning List

Provision List Suggestions	Qty	Notes
Water		
1 Gallon/Person/Day		Important, Potable Water is difficult in remote marinas
Crew Supplies		
TP (1/roll/person/week)		Have enough, but, not too much.
Paper Towels (1/2 roll/person/week)		Good for Everything
Trash Bags (2 per day)		Also good for lots of utility (changing oil filters, fender covers, etc.)
Head Treatment		
Water Treatment (Bleach)		1 cap of bleach per 25 gallons
Dish Soap		Use disposable dishes, but, always have something that needs washing
Cooler(s)		Sufficient for food and beverages
Cooking/Eating Utensils		Quantity and Need depends on meal preparation plans
Knives, Forks, Spoons (Plastic)		
Knife (metal)		
Bowls (disposable)		
Plates (disposable)		
Plastic Cups (disposable)		
Styrofoam Cups (disposable)		
Frying Pan/George Foreman		
Small Pot		
Large Pot		
Grilling Spatula		
Personal Supplies		Each person responsible
Shower Soap		
Shampoo		
Shaving Kits		
Towel		
Food Staples		As needed by crew
Coffee (1 lb/week)		
Salt		
Pepper		
Other Seasonings		
Tea		
Sugar/Sweetener		
Butter		
Milk		
Breakfast		Keep it quick and easy, Breakfast is usually on the run
Breakfast Sandwiches (microwave)		
Bagels		
Muffins		
Bread		
Oatmeal (instant)		
Cereal		
Peanut Butter		
PopTarts		
Lunch		Also, on the run. Snacks many times suffice
Chili		
Soaps		
Buns		
Lunchmeat		
Pizzas		
Hot Dogs/Sausage		
Mac N Cheese		
Dinner Leftovers		
1)		
2)		
Dinner		Minimize dishes/cleaning. Go for disposable cooking/serving bowls or food eaten with hands/fingers
Hamburgers		
Hot Dogs		
Pizzas		
Casseroles'		Pre-made frozen pans. Just bake and eat
Hamburger Helper		
1)		
2)		
3)		
Snacks		Seems like these are always the first to go when things get busy. Everyone likes snacks.
Chips		
Cookies		
Crackers		
Pretzels		
Cheese		
1)		
2)		
3)		
Beverages		
Water (1/gal/person/day)		
Soda		
Other (Beer, Liquor, Wine)		
1)		
2)		
3)		