

Food survey

****Note:** You are responsible for **lunch on your rig day**. It's easiest to buy it before arriving at Ceiba.

Do you want a Rig Day Dinner for Lee's Ferry? **Yes or No**

Marble Canyon Lodge will shuttle you there and back for dinner. Call 1-800-726-1789

Do you want a Launch Day Breakfast for Lee's Ferry? This is a continental breakfast including coffee! **Yes or No**

What type of eaters are in your group. Try to get a jist of the number of Big eaters in particular.

Things to consider

age of group	
kayakers	
lots of big hikes planned	
kids	

# of morning coffee drinkers?	
# of morning tea drinkers?	
Black	
Herbal	
Big sugar users? (ie for cereal or coffee?)	

VERY IMPORTANT:

Does anyone in your group have any food allergies?

Any vegetarians? Do they eat fish?

Vegans? Usually best if these folks have direct contact with us to ensure they get what they need.

Gluten Free?

Dairy allergy?