

## What types of food to bring?

**Lunch**-Kayaking should be a fun and enjoyable experience. We have often brought sandwiches, fresh fruit, and a thermos of hot soup, salads, applesauce and what not, just to break up the day for a rest stop. A 15-minute break will give you Mucho Grande energy later on!

**Water bottles**- During the winter months a bottle per person is just right, but during Maryland's warmer months and longer paddles we have gone through several bottles each. Plain water can get to be a bore after awhile. If you pack ice cubes in smaller bags the cool melted water tastes even better! Try the water flavors in small squirt bottles. Usually sugar free and just a squirt is concentrated enough to do the trick. We highly recommend plastic cups instead of the bottle on the dashboard. Most recreational kayaks have molded plastic holes for drinks but are usually too large for bottles but just right for plastic coffee containers or foam rubber zip ups.

**Electrolytes**- Highly recommended. This natural energy producing powder or candy chew is used by athletes worldwide and will make a huge difference towards the end of the day. Gives your muscles the energy you need for that last hour of paddling.

**Munchies**- The days we actually get on the water, we throw our normal meal schedules out the window. On real bad days we grab whatever leftovers are easy to warm up and go to a fast food stop for burgers or sandwiches to put in the lunch cooler for later. As a fully-grown adult, my internal clock says I am still hungry. Now is the time for trail mix or cut veggies/fruit for healthy pre-lunch snacking.

**Tea Time**- Late in the afternoon we love to see the sunset glow on the water. Whether on the water or after the boats are put away, hot tea and peanut butter or cheese crackers are mighty welcome. Try something new? Atkins for diabetics makes low sugar snack bars and granola bars are always good pick me ups.

**Frozen Fruit Baggies**-For those long paddles in the warm summer months, pack mixed frozen fruit in baggies and use them for ice packs. This is a wonderful healthy-ish hit of natural sugar that is cold and a treat.

**Duck Food**-We began with old cereal, and added bread pieces. Just scraps but what a lot of fun to throw handfuls of food onto the water where birds swim almost right up to the boats.