



CLW Typical Lunch Packing List

- Bread
- Tortillas
- Cheese
- Cold Cuts
- Salomi
- Onions
- Pickles
- Cucumbers
- Avocados
- Tomatoes
- Sprouts
- Lettuce
- Fruit
- Peanut Butter
- Jelly
- Cookies
- Mustard
- Mayo
- Hot Sauce
- Hummus
- Dill Pickles
- Pringles
- Nutella
- Powder Mix “electrolytes”

❖ 2-day trips will typically include a prepared tuna or taco salad with wraps and flat bread.