

Aerobus Lake Wilderness Resort Meal Planning

Example for 6 Nights - 4 Adults

Overview

- 4 adults for 6 nights (Saturday noon to Friday morning)
 - **Kitchen Includes:** Full kitchen (no microwave or toaster oven), BBQ grill, firepit, fridge/freezer, percolator coffee maker, cookware, utensils, linens, and soap.
 - **Water:** Safe, filtered water on-site
 - **Transport:** All food and supplies must be carried in by boat
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Meal Schedule

Saturday

- **Lunch:** Deli sandwiches (packed ahead)
Dinner: Campfire hot dogs, chips, s'mores

Sunday

- **Breakfast:** Toast with jelly, instant oatmeal, fruit
- **Lunch:** Grilled cheese sandwiches + tomato soup
- **Dinner:** Fish fry (trout), roasted potatoes, coleslaw

Monday

- **Breakfast:** Scrambled eggs, bacon, pancakes with syrup
- **Lunch:** Deli sandwiches (packed)
- **Dinner:** Pasta with marinara sauce, garlic bread, salad

Tuesday

- **Breakfast:** Toast with jelly, oatmeal, fruit
- **Lunch:** Shore lunch – fresh trout fried lakeside, potatoes
- **Dinner:** BBQ chicken fajitas with grilled peppers & onions, tortillas, salsa, cheese

Wednesday

- **Breakfast:** Scrambled eggs, bacon, pancakes
- **Lunch:** Premade chili with crackers or toast
- **Dinner:** Baked trout in foil, wild rice, green beans

Thursday

- **Breakfast:** Toast with jelly, oatmeal, fruit
- **Lunch:** Deli sandwiches (packed)
- **Dinner:** Fish fry, hash potatoes, slaw

Friday

- **Breakfast:** Eggs, toast
- **Departure**

Grocery Checklist

Produce

- ☐ Apples (8-12)
- ☐ Oranges (6-8)
- ☐ Bananas (6-8, optional)
- ☐ Bell peppers (4-5)
- ☐ Onions (4 yellow, 1 red)
- ☐ Potatoes (8–10 lbs)
- ☐ Baby carrots (1 large bag)
- ☐ Coleslaw mix (1 large bag or 2 small)
- ☐ Garlic (2 bulbs)
- ☐ Lemon (5-6)
- ☐ Mixed greens or salad kit (2)
- ☐ Cherry tomatoes (2 pints)
- ☐ Berries (frozen or fresh; for pancakes)

Meat & Deli

- ☐ Bacon (2 lbs)
- ☐ Breakfast sausage (1 lb, optional)
- ☐ Chicken for fajitas – ~3 lbs
- ☐ Hot dogs or brats (2 packs)
- ☐ Deli turkey or ham (1.5–2 lbs total)
- ☐ Ground beef (1.5 lbs,)
- ☐ Pre-cooked chili
- ☐ Shredded cheese (2 bags)
- ☐ Block cheese or cheese slices
- ☐ Salami or snack meat (optional)

Dairy & Refrigerated

- ☐ Butter or margarine (1–2 lbs)
- ☐ Eggs (3 dozen)
- ☐ Milk or shelf-stable milk (2 cartons)
- ☐ Sour cream (1 large tub)
- ☐ Yogurt (optional)

Dry Goods & Pantry

- ☐ Bread (2 loaves)
- ☐ Tortillas (2 packs)
- ☐ Hamburger/hot dog buns (2 packs)
- ☐ Pancake mix (just-add-water)
- ☐ Oatmeal packets (20+)
- ☐ Granola bars (16+)
- ☐ Crackers (2 boxes)
- ☐ Pasta (1–2 boxes)
- ☐ Rice (boil-in-bag or wild rice blend)
- ☐ Tomato soup (3 cans)
- ☐ Chili toppings (extra cheese, jalapenos etc)
- ☐ Spaghetti sauce (2 jars)
- ☐ Cornbread mix (1–2 boxes)
- ☐ Trail mix or nuts (larger bag)
- ☐ S'mores ingredients
- ☐ Dessert: cookies, brownies, fruit crisp mix, etc.

Canned & Jarred Goods

- ☐ Canned corn (3)
- ☐ Canned beans (3)
- ☐ Pickles (1–2 jars)
- ☐ Salsa (1 jar)
- ☐ Tartar sauce (1 bottle)
- ☐ Ketchup, mustard, mayo (regular size)
- ☐ Syrup (1 bottle)

Seasonings & Staples

- ☐ Olive oil or cooking oil (small bottle)
- ☐ Salt & pepper
- ☐ Garlic powder
- ☐ Paprika
- ☐ Italian herbs
- ☐ Cinnamon
- ☐ Chili powder
- ☐ Lemon pepper (optional)

Beverages

- ☐ Coffee (grounds)
- ☐ Tea bags/ cocoa
- ☐ Soda / juice

- ☐ Electrolyte powder (optional)
- ☐ Powdered lemonade or drink mix
- ☐ Beverages Mixers

Alcohol Guidelines for traveling to Canada

Each adult may bring in up to:

- **1.5 L of wine, 1.14 L of spirits, or 8.5 L of beer** (approximately 24 cans)
-  *Always check current **CBSA regulations** before travel.*
- Alcohol is available for purchase at the LCBO in Vermillion Bay, ON

General Reminders:

- NO microwave or toaster oven
- You have: stovetop, oven, grill, campfire, full fridge/freezer, percolator coffee maker, full kitchen setup
- All supplies must be packed efficiently in bins, boxes, or bags for easier transport across the lake.
- *Make sure all produce has country-of-origin stickers visible for border crossing.*
- Ice is available on-site (for coolers)
- Nearest Grocery store is 2 hours away. PLAN AHEAD!