

Beyond Malibu Peanut/Tree Nut Allergy Supplements

Below is a list of our meals each day that contain peanuts or tree nuts that you will need to bring supplements for.

Please use this supplement sheet and the “Beyond Malibu Meal Supplements Outline” as resources to plan what supplements you will bring.

All of our Base Camp meals (for both hiking and sea kayaking) are peanut and tree nut free.

Breakfasts

All of our breakfasts are peanut free.

**Granola – has almonds and there are 2 mornings of it.

Supplement options we recommend you bring for breakfast if allergic to almonds:

- 2 portions of tree nut free granola

Lunches

Day 1 (Bagel) - Bagels / mixed nuts (peanuts/tree nuts)

Day 2 (PB & J) - Wheat crackers / peanut butter and jelly / mixed nuts (peanuts/tree nuts)

Day 3 (Wasa) - Wheat Crackers / mixed nuts (peanuts/tree nuts)

Day 4 (Pita) - Pita bread / peanut butter / sunflower seeds – (peanuts)

Day 5 (Almond) - Ritz Crackers / cheese / almonds – (almonds)

Day 6 (Pep Stick) - Crackers / meat and cheese

Day 7 (Sandwiches- for 8 Day Sea Kayaking Trips Only) – Ham and cheese sandwiches / veggies / cookie

Supplement options we recommend you bring for Lunch:

The main portion of the lunches is peanut free, but often we use a nut mix (tree nuts) for more protein. Please bring something to supplement the meals that contain nuts you are allergic to.

**Recommendations would be:

- Peanut free granola bars
- Lara/Luna bars
- Almond butter (if you are not allergic of course)
- Peanut/tree nut free trail mix

Dinners

All our dinners are peanut free.

The china meal has cashews, but can they can easily be left out.

Snacks

Snickers (peanuts)

Trail Mix x 2 (peanuts)

Granola Bar (peanuts)

Beyond Bars x 2 (peanuts/sunflower seeds)

Rice Krispies (nut free)

Chocolate (nut free)

Supplement options we recommend you bring for Snacks:

Please bring 6 high calorie snacks

**Recommendations would be:

- Peanut free granola bars
- Lara/Luna bars
- Chocolate bars
- Peanut free trail mix

It is likely that you will not eat the meals in the order listed. We hope this helps, please feel free to email us back with any further questions if need be.