

Subject: : Tips and Tricks

Topic: : What do you eat while your are on the water?

Re: What do you eat while your are on the water?

Author: : lestrout

Date: : 2007/9/16 12:23:01

URL:

Back to the original question: I like to bring dried apricots or mangoes - tasty and full of calories and not bulky. But remember, 2 dried apricot halves are the same as eating a whole apricots when you add liquid.

Too many dried (or not dried) fruit have a nice purgatory effect. Don't ask me how I know this.

PS - there's a spot on the San Juan that ought have a big tree amidst the scrub, now that it's been well fertilized.

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