

- u. Fudge was extremely good. Occasionally one could eat 1½ # at one time. It was always in demand; however, much was left in Yakutat and not dropped.
- v. Honey was very good. It was used in much of the cooking as we were short on sugar. 35 # was a little too much.
- w. Nuts were also very good. Ninety pounds, however, was too much.

High-Altitude Food--

We estimated 144 man days' food would be needed for the time spent at the higher elevations. As it turned out much of the Inter-Camp food was used instead, owing to the fact that it was much more flexible. When planning an expedition it is rather hard to predict how many days are to be spent at a given height. (D.M.- In the future I would recommend that high altitude food, as a separate type of food, be omitted; that is, if the climbing is under 20,000'.) (P.S. and B.N.- The desirability of high altitude food, as prepared for this trip, would depend on the type of climbing and the supply problems).

The following comments may serve to improve the method:

Breakfast-- Three types-- 23 packages of two man meals, for each of the three varieties. It would be best not to mix the apricots and oatmeal. Increase the cereal by one-half the present quantity; Grapenuts and oatmeal are the best cereals. Hemo and Cocomalt are the best drinks. Add some type of protein to the breakfast. (D.M.- Butter should be used instead of margarine). Place a 1# can of butter in each 5-gallon can of food. It would be best to place each of the different foods in separate polyethylene bags, which are put in the two-man-meal bags.

Lunches-- It would be best to revise the lunches entirely, keeping in mind the following when doing so. Based on the type of lunches we used: Cut down on apricots, add more dates, figs, and other dried fruits. The sugar is excellent, use more of it, since it doesn't leave a bad taste in the mouth. Add more protein; that is, nuts, meat, cheese, dried beef, roast beef and maybe smoked fish, sardines, etc. Have two full lunches per day, as they can be eaten any time. Leave out mincemeat and canned Plum Pudding. Use a different type of Cheese; ours molded slightly and became tainted by the plastic bags.

Dinners-- For the most part very good. Increase the starch somewhat, also the fat food, such as butter. Cocoa would be best as the main drink, not jello. There were three types of dinners. Though more work we would suggest four or five, if the time at high altitude is considerable.

General Comments-- One 2# can of jam was placed in each 5 gallon can. This was satisfactory, though the lids popped off frequently in the air drops. As a result the entire contents of the 5 gallon can was often covered with jam. The lids should either be permanently attached or the jam can placed inside a plastic bag.

(B.N. and D.M.- Instead of putting salt in each two-man-meal, place so much in each 5 gallon can.) Vitamin pills, amino acids, matches, etc. should be placed so many to the 5 gallon can. Ascorbic acid might be desirable. (B.N.- One can of juice base per 5 gallon can would be a good idea.)

(P.S.- Removing the food from the metal cans and carrying in coated-cloth bags would be desirable where weight becomes a factor).