



CORBET HIGH CAMP · GRAND TETON NATIONAL PARK

# CORBET HIGH CAMP FOOD GUIDE


## Fuel for Your Grand Teton Adventure


Breakfast, light appetizers, dessert, and hot drinks are provided throughout the program. Lunches, dinners, and electrolytes are *not* provided — guests are responsible for bringing their own.


For lunch, a sit-down option like a sandwich is a fine choice for Day 1, while quick, packable, high-macro snacks (1000–1200 calories/lunch) work better on the days that follow. For dinner, you'll bring one meal per night — fresh food for Night 1, then dehydrated or frozen meals as the trip goes on. The sections below break down your options for each.


*Use this guide as a shopping reference while preparing for Corbet High Camp.*

## No 01 WHAT WE PROVIDE

  
**BREAKFAST**  
every morning

  
**APPETIZERS**  
each evening

  
**DESSERT**  
each evening

  
**HOT DRINKS**  
all day

## No 02 MEAL PLANNING

**Three-Day Grand Teton:** Bring three lunches, two dinners, and plenty of electrolytes

**Four-Day Grand Teton:** Bring four lunches, three dinners, and plenty of electrolytes

*Choose satisfying, calorie-dense meals to fuel your body for big days in the mountains.*



THE COOK TENT AT CORBET HIGH CAMP

### № 03 NIGHT 1 FRESH FOOD IDEAS

Pizza

Gourmet Sandwiches

Chicken Caesar Wrap

Burrito

Cheesesteak

Bag Salad

**Local Takeaway Options** D.O.G (*Burritos*); Pinky G's, Yeah Buddy (*Pizza*); Creekside Market, Pearl Street Market, Pearl Street Bagels, Cafe Jackson Hole (*Sandwiches, Salads, Snacks*); Albertsons, Smith's (*Groceries, Prepared Foods*)

### № 04 NIGHT 2+ DEHYDRATED MEAL IDEAS

Beef Pasta Marinara

Biscuits & Gravy

Beef Stroganoff

Chicken Pesto Pasta

Chicken Teriyaki

Three Bean Chili · Vegan

Butternut Dal Bhat · Vegan

Dehydrated meal kits are available for purchase from Jackson Hole Mountain Guides during your gear check.

### № 05 NIGHT 2+ FROZEN MEAL IDEAS

PF Chang's Beef & Broccoli

Chicken Lo Mein

Chicken Carbonara

Italian Sausage & Pasta

Bertolli Chicken Parm & Penne

Black Bean Vegetable Enchilada

Bird's Eye Alfredo Chicken

Your chosen frozen meals will be steam-cooked for you at Corbet High Camp.

### № 06 DIETARY-FRIENDLY FROZEN & PREPARED FOOD BRANDS

Good To-Go

Tasty Bite

Amy's Kitchen

Saffron Road

Smith's has more restricted-diet options than Albertsons. Tasty Bite meals are available at Whole Foods. Adding pre-cooked rice can complement many frozen meal options.

#### Guide Rec

A few favorites of our guides are leftover pizza and a bag salad for the Night 1 dinner, and Reese's Peanut Butter Cups packed away for a summit snack.

