

BOAT PROVISIONING LIST

BREAKFAST	QUANTITY
CEREAL	
OATMEAL	
COLD CUTS	
DIARY	QUANTITY
BUTTER	
CHEESE	
GRATED CHEESE	
CREAM CHEESE	
EGGS	
MILK	
SOUR CREAM	
WHIP CREAM	
YOGURT	
BREAD / BAKERY	QUANTITY
BAGELS	
BREAD	
FRENCH BREAD	
HAMBURGER BUNS	
HOT DOG BUNS	
TORTILLAS	
FRUITS	QUANTITY
LEMON	

BOAT PROVISIONING LIST

ORANGE	
BANANA	
GRAPEFRUIT	
APPLE	
GRAPE	
PEACH	
MELON	
APRICOTS	
CHERRY	
FIG	
VEGETABLES	QUANTITY
ONIONS	
GARLIC	
FRESH TOMATOES	
CUCUMBER	
EGGPLANT	
POTATOES	
ZUCCHINI	
CARROTS	
PEA	
PARSLEY	
LETTUCE	
BEVERAGES	QUANTITY
COFFEE	

BOAT PROVISIONING LIST

TEA	
COKE	
DIET COKE	
SPRITE	
PEPSI	
CAFFEINE FREE DRINKS	
ORANGE JUICE	
GRAPEFRUIT JUICE	
APPLE JUICE	
CRANBERRY JUICE	
TOMATO JUICE	
TONIC WATER	
BOTTLED WATER	
BOTRLED WATER (SPARKLING)	
MEAT & FISH	QUANTITY
BACON	
BEEF / STEAK	
CHICKEN	
GROUND BEEF	
HAM	
HOT DOGS	
LAMB	
PORK	
SAUSAGE	

BOAT PROVISIONING LIST

SEAFOOD	
TURKEY	
VEAL	
SNACKS	QUANTITY
CANDY	
COOKIES	
CRACKERS	
DIP / SALSA	
DRIED FRUITS	
GRANOLA BARS	
NUTS / SEEDS	
POPCORN	
POTATO CHIPS	
PRETZELS	
PUDDING	
RAISINS	
TORTILLA CHIPS	
TRAIL MIX	
BISCUITS	
PASTA & RICE	QUANTITY
COUSCOUS	
MACARONI	
NOODLE MIXES	
RAMEN	

BOAT PROVISIONING LIST

RICE (BROWN)	
RICE (WHITE)	
RICE MIXES	
SPAGHETTI	
ALCOHOL	QUANTITY
BEER	
LOCAL BEER	
GIN	
VODKA	
WHISKEY	
CAMPARY	
RUM	
JÄGERMEISTER	
APEROL	
RED WINE	
WHITE WINE	
SPARKLING WINE	
CANNED & VACUUM SEALED	QUANTITY
BEANS	
CHILI	
FRUITS	
MUSHROOMS	
OLIVES	
TOMATO SAUCE	

BOAT PROVISIONING LIST

TUNA	
PESTO	
CONDIMENTS	QUANTITY
HONEY	
JAM	
KETCHUP	
MAYONNAISE	
MUSTARD	
PEANUT BUTTER	
SALAD DRESSING	
SALSA	
SPICES	
SAUCES/OILS	QUANTITY
HONEY	
JAM	
KETCHUP	
MAYONNAISE	
MUSTARD	
PEANUT BUTTER	
SALAD DRESSING	
SALSA	
OTHER	QUANTITY & NOTES

BOAT PROVISIONING LIST

NON-PERISHABLE ITEMS AND DRINKS YOU CAN BUY FOR THE WHOLE WEEK BUT PERISHABLE ITEMS YOU BUY FOR 1-2 DAYS SINCE YOU CAN REPLENISH YOUR SUPPLY OF FRESH FRUITS, FISH AND VEGETABLES ON THE ISLANDS.