

## DAVIS MOUNTAINS FITNESS AND TRAINING CAMP

### CAMP FOOD

For those of you new to camp, the food will likely be better than you are expecting at a West Texas dude/guest ranch. It won't be chicken-fried steak and gravy, but it won't all be all fruits and nuts, either. For our week, under our guidance, the ranch prepares healthy, hearty food for athletes with a variety of protein and carb selections and nice salad bar, soups, desserts, etc.

The 17 meals are served buffet-style in the ranch dining hall. You will be able to select from a wide array of items, and most people find plenty of good things to fuel them during the week. Most meals have vegetarian options.

There will be a couple of sack lunches if you are hiking or biking all day (Scenic Loop). The famous Prude Ranch PB&Js will be made on whole wheat muffins with organic peanut butter. If you wish, you may make your own sandwiches to customize to your preferences. We will have some snacks available for outings and water stops, but if you have something you especially like, please bring it. Likewise, **if you have special dietary needs, please bring what you need.** There is a microwave in the dining hall.

Bikers: We will have energy drink powder at water stops, but feel free to bring your favorite supplements.

If you bring an ice chest, plan to obtain bagged ice during the week at [Porter's](#) on the main drag in Ft. Davis (closes at 7:00 p.m.). We will have ice for water bottles in dining hall. The ice machine near the hilltop cabins runs out quickly when our group is here. Please do not go into the ranch kitchen nor use that ice machine. There is a nice market in town, [Stone Village Market](#), that has many whole-foods-type items and some gluten-free things.

I hope you all will play hard, have fun and eat well at Fitness Camp!

*Diane Weidner, Food Wrangler*