

ULTIMATE BOAT FOOD & DRINK CHECKLIST

PLAN • PACK • CHILL

TRIP DETAILS

- ☐ Date: _____
- ☐ Boat / route: _____
- ☐ People: _____ Hours: _____
- ☐ Weather checked
- ☐ Food allergies reviewed

WATER & DRINKS

- ☐ Drinking water + reserve
- ☐ Securely capped bottles
- ☐ Electrolyte drinks
- ☐ Juice / soft drinks
- ☐ Coffee or tea in insulated bottle

MEALS

- ☐ Half-day: up to 1 meal per person
- ☐ Full-day: 1-2 meal portions per person
- ☐ Wraps or sturdy rolls
- ☐ Grain or pasta salad portions
- ☐ Cold cooked protein portions
- ☐ Vegetarian / vegan meal
- ☐ Wet toppings packed separately

QUANTITY PLAN

Half-day planning baseline

- ☐ 2 people: up to 2 meals + 4 snacks
- ☐ 4 people: up to 4 meals + 8 snacks
- ☐ 6 people: up to 6 meals + 12 snacks
- ☐ Full-day: allow 3 snacks per person

SNACKS & EXTRAS

- ☐ Whole fruit
- ☐ Chilled pre-cut fruit
- ☐ Nuts or trail mix
- ☐ Pretzels or crackers
- ☐ Jerky / protein bars
- ☐ Cheese sticks or hard cheese
- ☐ Hummus + vegetables
- ☐ Condiments in mini portions

DIETARY NEEDS

- ☐ Allergy-sensitive meals labelled
- ☐ Allergy-sensitive meals kept separate
- ☐ Kid-friendly familiar foods
- ☐ Vegetarian / vegan option
- ☐ Separate serving utensils provided

SHOPPING NOTES

SMART PACKING TIP

Keep sandwich fillings dry.

Add tomatoes, lettuce and other wet toppings at serving time.

Keep an immediately drinkable bottle of water accessible

- not buried beneath the food.

ULTIMATE BOAT FOOD & DRINK CHECKLIST

KEEP COLD • KEEP CLEAN • ENJOY

COOLER & STORAGE

- ☐ Pre-chill food and drinks
- ☐ Cooler thermometer packed
- ☐ Perishables at 40°F / 4°C or below
- ☐ Ice or frozen gel packs
- ☐ Optional separate drink cooler
- ☐ Leakproof containers
- ☐ Resealable bags
- ☐ Dry tote for crackers and supplies

ONE-COOLER PLAN

- ☐ Cold food packed at the bottom
- ☐ Drinks grouped for quick access
- ☐ Daily-use food near the top
- ☐ Cooler kept shaded
- ☐ Openings kept brief

SERVING & CLEANUP

- ☐ Napkins and paper towels
- ☐ Secure-lid cups or bottles
- ☐ Reusable plates and utensils
- ☐ Bottle / can opener
- ☐ Potable water + soap
- ☐ Hand sanitiser - at least 60% alcohol
- ☐ Rubbish bags
- ☐ Container for safely chilled leftovers

PROTECT THE BOAT

- ☐ Oily foods drained
- ☐ Oily foods served over a tray
- ☐ Red drinks sealed
- ☐ Berries packed in closed portions
- ☐ No glass unless rules allow
- ☐ Excess packaging removed on land

FOOD-SAFETY CHECK

- ☐ Discard perishables after 2 hours unrefrigerated
- ☐ Discard perishables after 1 hour above 90°F / 32°C
- ☐ Serving area and utensils kept clean
- ☐ Hands washed before serving
- ☐ Perishables returned to the cooler promptly
- ☐ Leftovers kept only if safely chilled

BEFORE CASTING OFF

- ☐ Water + reserve loaded
- ☐ Meals and snacks counted
- ☐ Allergy-sensitive meals labelled
- ☐ Wet and oily foods contained
- ☐ Rubbish bags packed
- ☐ Glass and alcohol rules checked
- ☐ Operator will remain unimpaired

SHOPPING NOTES

FINAL FIVE-MINUTE CHECK

- ☐ Cooler reads 40°F / 4°C or below
- ☐ Wet ingredients are sealed
- ☐ Enough water is easy to reach
- ☐ Food needs minimal preparation
- ☐ Cleanup supplies are aboard
- ☐ Nothing has been left on the dock

General planning aid only. Follow product instructions, local regulations and current official food-safety guidance. Individual dietary and hydration needs vary.

A little preparation makes more room for the good stuff.

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