



Moab Food and Water

Food

- We will provide lunch with a salad and sandwich bar each day. Breakfast, snacks, and dinner are on your own.
- There are readily available grocery stores and restaurants in Moab. You can find more information [here](#).
- Each day, you must bring water and snacks in your pack for our outings.

Water

- Moab's climate is quite dry. Combined with exercise, it's important to drink plenty of water.
- [Recommended amounts](#) of water vary; plan to always have water with you. If you feel thirsty or your lips are dry, you're already a bit dehydrated. Keep it flowing!