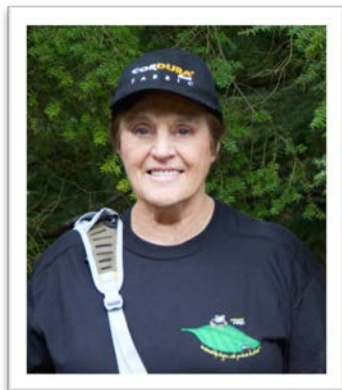




CORDURA® brand and World-Renowned Adventurer Helen Thayer

It's been a thrill for us to sponsor Helen Thayer's numerous appearances over the years from book signings, speaking on the Get Out More Tour to working with the Girl Scouts and more. So far, we've had a busy year together, and the team is enjoying every minute of it!



When Helen was a child and began climbing, a family friend and mentor, Sir Edmond Hillary, shared this recipe with her for a basic trail survival food. Now, she would like to share it with you!

So, strap on your most durable pack (hopefully made with CORDURA® brand fabric), and gear up with this snack mix to help keep you tough on the trail.

Helen Thayer's Basic Trail Survival Food

To make a delicious snack for the trails, you will need the following ingredients:

- Peanut butter
- Milk powder
- Coconut Flakes

Directions: Simply mix these ingredients to taste. Feel free to add in berries and nuts for extra flare. Store in small, lightweight containers. Helen mixes a month's supply and stores in the refrigerator to have ready for her hikes.

Happy Trails!

For more information from Helen Thayer, visit www.cordura.com, follow [@CORDURABrand](https://twitter.com/CORDURABrand) on Twitter, or 'Like' us on www.facebook.com/CORDURABrand. You can also view videos of Helen Thayer on our [YouTube channel](#).