

Food Ideas Explorer Level Journey

Food List: For overnight Hike

General Hints – take only what you think you will eat!

When you can minimise weight by using a dried alternative do so eg. Powdered milk

You must have at least 1l of water /day

Repack food into snap lock bags to remove packaging

All wet food (ie. Butter, honey, peanut butter etc) needs to be put into small snaplock bags or small plastic containers (available at supermarket)

Breakfast –

Muesli packaged into a snap lock bag is the best cereal for hiking but if you really don't like it then

Small box of cereal from variety pack + small box of long life milk/powdered milk

Put your cereal in a snap lock bag and small box of long life milk/powdered milk

or take oats mixed with some powdered milk for easy porridge.

Lunch

Sandwiches for both days using mountain bread or dry biscuits

Butter and spreads should be in small snap lock bags.

Toppings could include honey, peanut butter, tuna in sachet, cheese and salami.

Cheese in small packets ie. Babybel or laughing cow are good for a snack.

Dinner

Couscous 100g packet, such as Ainsley Harriet flavoured style. You will need $\frac{3}{4}$ cup of water to add to this amount of couscous which we will heat at camp. You can also add a tsp of butter to the mix.

Add a protein to the couscous such as a 100g of tuna in sachet or salami – buy roll not sliced and share between a few scouts.

Add a packet of mixed dried vegetables and peas.

You can also add some sundried tomatoes.

If you think that this will not be enough then you could bring a packet soup.

Extras – snacks, drinks and morning afternoon tea

Tea/milo, small amount of sugar

a packet soup.

Lollies – small amount of barley sugar and small amount of chocolate

Museli bars and a few anzac biscuits for snacks – 1 per day

Powered juice – if you don't like drinking plain water – Tang comes in small packets or buy big jar and put into snap lock bag - don't add to your water bottle as you need water to cook

Piece of fruit – 1 per day, Tub of yoghurt – put into a snap lock bag in case it breaks, Trail mix – nuts, dried fruit, seeds, chocolate etc mix

