

## Meal ideas and planning for a hike:

### For Breakfast

Cereals with milk (can buy the variety pack)  
Oats / porridge  
Up and go

### For lunches

- Salami and cheese on a wrap or crackers
- Nutella on a wrap
- Any spread on a wrap
- Salmon tempters on a wrap (preferable over tuna because it comes in a sachet rather than a tin and hence the rubbish is a lot easier to carry out)



I prefer wraps as they don't go stale like bread. Crackers such as Cruskits also work and these can be packaged up in chinese containers to stop them getting broken.

### For Dinner

Prepackaged meals (purchased from Asian isle of supermarket). Note the one on the left is only from Woolies.



These are very handy as they create very little mess to clean up (the packages inside can be boiled in the billy) to heat them up and then eaten straight from the box. There are quite a number of different flavours (satay chicken, massaman beef etc)

Dehydrated meals (can be bought from any outdoor shop) – a little expensive but quite tasty

### **Scroggin / snacks**

Scroggin is a mix of nuts, dried fruit & chocolate to be eaten along the trail. Most people will develop their own blend or you can buy pre-made trail mix off the shelf at a supermarket. Alternatives to scroggin might include muesli bars, variety pack or mini pack of chocolates (mars bars etc).

***The key issue is that it needs to be nutritious and relatively lightweight remembering that all the packaging also needs to be carried out.***

2 minute noodles by themselves are not considered an adequate meal but they can be used as support to something more nutritious.

Also fresh food/meat does not last in the bush very well particularly in summer. The bush is not a great place to have food poisoning.

Zip lock bags in a variety of sizes are great as they can double to carry the food in & then used as a sealable rubbish bag to carry the sticky wrappings back out.

Size and weight matter so dried ingredients over wet (e.g. powdered milk rather than long life milk, dried fruit over real fruit). The longer the hike the more important this becomes.

### **Planning your menu and food**

#### **Hiking trip – 2 days**

	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	N/A	N/A	Cereal Coffee
<b>Lunch</b>	N/A	Pre-made Ham & salad roll  Fruit	Salami & Cheese on wrap  Fruit
<b>Dinner</b>	N/A	Pre-packed meal  Cup-a-Soup  Dessert Coffee	N/A
<b>Snacks</b>		Scroggin (refer notes) Marshmallows	Scroggin

Breakfast	Lunch	Dinner	Other
Weet bix x 2 Powdered Milk Coffee bags x 3 Sugar bags x 5	Salami Wrap Cheese Dried Apple	Butter Chicken Fruit & custard Cup-a-Soup	Scroggin Marshmallows

Puri-tabs / Aqua Prove (water purification)

**Notes:** Friday is included as quite often dinner Friday night may need to be catered for due to the drive to the location

**The shopping list is put together for those items that you don't already have in your pantry**

### **Shopping List**

Dairy/fridge

Salami

Cheese

Shelves

Powdered Milk

Wraps

Butter Chicken packet

Dried apples

Marshmallows

Scroggin