

EPIC 2015

RECOMMENDED FOOD LIST FOR HIKING & SOLO BOXES

<p>The totals shown below are for both hikes. Total mass of the hiking box is around 6 kg ie 3 kg per hike Boarders will be issued with these items and they can then choose what needs to go for which hike. Experience has shown that boys always take too much food. There are some groups that require more and others less than this – see “General Info about Hiking and Solo boxes 2015” doc for details.</p>							
HIKING (Two Hikes)		Quantity per day	No of days	Total	Mass per serving	Mass per person	Notes
Oatso easy		2	3	6			
Muesli	Mix these 3 (add sugar) in a zip lock	1	3	3	50	150	Muesli - 50 g from a 500 g packet; Pick n Pay sell a 10 x 45 g sachet box and Vital sell a string of 4 x 40 g sachets
Pronutro/Future Life				3	50	150	Pronutro - 50 g per packet from a 500 g box Future Life comes in 50 g sachets
Milk Powder				3	32.5	98	Country Pasture Milk Powder
Ouma Buttermilk Rusks		2	6	12		1 box	These can be packed into zip lock bags – 6 for each hike.
Cappucino/Coffee Sachets				6			3 per hike
Game sachets		1	6	6			
Cuppa soups				2			If it is cold, these are 'nice to haves'. Just 2 for both hikes
Hot choc		1	6	6	30	180	Hot Choc - 30 g serving from a 500 g container
Milk Powder - for two litres		2	6	12	10	120	Packed into two zip-loc bags – equivalent of 1 litre for each hike
Tuna sachets		2	6	12			
Provita		6	6	36			10 sachets of 4 biscuits per sachet to a 233 g box
Salticrax		4	6	24			23 to a tube of Salticrax
Melrose/Laughing Cow cheese wedges		2	4	8			8 per box
Two min noodles		2	6	12			
Peanuts and raisins - strip		1	6	6			
Trail Mix		1	6	6			
Jungle Oats energy bar		2	6	12			
Zip lock bags - small				9			cereal x 3; Milk x 2; Hot Choc x 2; Sugar x 2
Zip lock bags - large		1	6	6			One for each day and labelled: Day1, Day 2, Day 3
Sugar bag - 250 g				1			100 g for coffee; 80 g Oatso Easy; ie 200 g per box
Vacuum pack droe wors		1	6	6			3 Sticks in each pack (60 g) or two packs of 180 g
Vacuum pack biltong		1	6	6			Sliced 50 g
Oreos		1	4	4			Packets of 4 biscuits per packet
Wine gums		1	3	3			
Super C's		1	3	3			

Solo box (24hours)						
	Quantity per day	No of days	Total	Mass per serving	Mass per person	
Nola Ready to eat Chicken Mayo or equivalent	1					
Two min noodles	2					
Oreos small pack	2					
Tea	3 bags					
Coffee/cappucino sachet	1					
Milk powder	5				50	
Long life milk 500 ml - screwcap	1					
Oatso easy/Future Life	2					
Pringles small box	1					
Trail Mix	1					
Wine Gums	2					
Tuc biscuits	1 pack of 4					
Bar One	1					
Vacuum packet droe wors	1					