

EPIC 2016

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 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 2016” 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					