

Bishops Epic 2017

Hiking and Solo boxes – General Info

The departure date for the Epic is fast approaching and we need to start organizing the ‘food’ side of the Epic. Every boy is asked to prepare the following: two ‘three-day hiking packs’ and a ‘solo pack’. A slightly different plan is made for those boarders who are on bursaries – check with your house director. The first three-day hike is done with a staff member who will show the boys the ropes as far as cooking and organizing themselves is concerned: for the second hike the boys are on their own. We will supply all the base food for the other days – they will cook it. The document: “Recommended Food List for Hiking and Solo Boxes 2017”, outlines the recommended contents of the boxes. All these goods should be available at most of the larger retail outlets. Cost per day for the food listed comes in at around R240 per day (around a 14% increase from 2016 – based on purchases made at Pinelands Pick ‘n Pay).

All boys must pack the food for their first three-day hike straight into their backpacks and will then only have to arrange one three-day hiking box and a solo box. These will be available from Mr Court’s classroom (G2) from Thursday 19 October. From Thursday 2nd November Mr Court’s room will be the drop off point. Boys are given till Wednesday 8th November to get the boxes in.

Zip-loc bags and 2 litre ice cream tubs are an important part of food that is packed properly. It is recommended that crackers and Oreo’s, which break easily, go into the ice cream tub along with the cheese wedges (they squash easily) and hot drink goods. Then pack each day’s food into its own separate zip-loc bag and label the bags ‘Day 1’, ‘Day 2’ and so on. In addition to this, get rid of unnecessary packaging. The larger bag then acts as the rubbish bag when it is used.

Please note the following:

- Each cardboard box must be carefully labelled on **ALL** sides and sealed with packing tape on each opening side.
- The boy’s surname and first name should be clearly visible on the sides and top of the box as well as his group’s name and colour (Red or Blue) e.g. “Peter Jones: Sneeuberg Blue”.
- There should not be any perishable items in the boxes for obvious reasons! Biltong and droewors must also be vacuum packed.
- No electronic goods should be packed – iPods and the like.
- For most groups, the hiking boxes need to include three breakfasts, three lunches and three suppers. The only exception for the **staff hike** is Krakadouw Red. For the **solo hike**, the exceptions are: Apex Blue, Sneeuberg Blue, Tafelberg Red and Tafelberg Blue.
- The exceptions are because some groups hike the same route and so the one starts in the late afternoon the day before the other. In other cases, the hiking groups hiking in the last rotation, spend one night less out in the mountains (unless they started the afternoon before).
- The solo box needs one breakfast, lunch and supper.
- Items like spare batteries and spare sun screen (in a zip lock bag please!) can be packed into whichever of the solo or hiking box your son will access first (Sneeuberg, Krakadouw and Tafelberg do their solo prior to their second hike).
- These details are summarised on the next page.

		ALL GROUPS	EXCEPTIONS				
			Krakadouw Red	Apex Blue	Sneeuberg Blue	Tafelberg Red	Tafelberg Blue
STAFF HIKE	Bkfst	3	4	3	3	3	3
	Lunch	3	3	3	3	3	3
	Supper	3	4	3	3	3	3
SOLO HIKE	Bkfst	3	3	4	2	2	2
	Lunch	3	3	3	3	3	3
	Supper	3	3	4	2	2	2
24 hr SOLO	Bkfst	1	1	1	1	1	1
	Lunch	1	1	1	1	1	1
	Supper	1	1	1	1	1	1

Each boy will need his own knife/fork/spoon, mug and plate (bring along a bowl-type-plate from which you can eat cereal as well as regular meal) and a billy-can (pot with lid) to boil water and cook food. Bear in mind that there will be one gas cooker between two boys for the hikes – we will give these out at the **back-pack check on Wednesday 8th November (a very important day!!)** During the solo time each boy will have a gas cooker to himself.

Breakfasts

It is highly likely that breakfast will happen after two to three hours of walking, this to take advantage of the cool part of the day. We therefore recommend that boys pack an energy bar as a fill up snack as ‘first breakfast’. We recommend a packet of premixed muesli (Pronutro, muesli, milk powder and sugar) for breakfast. On the other hand, you can some retailers who sell sachets of muesli or Future Life, but then you still need to make a plan with milk and sugar. If you premix, you can literally eat out of the plastic bags (zip lock are best) then all you have to clean is a spoon! The advantage of a premix (recommended) is you can try out a helping and see if it is sufficient. Don’t guess and fill up a zip lock bag unnecessarily – weigh out a normal helping and use that as a guide. Some find the Oat-so-easy is best as all you have to do is add water – nothing else. There is usually time to make tea/coffee/hot chocolate at breakfast and so maybe a rusk or biscuit to go with the hot drink will help make for a filling breakfast.

Lunches

Pack food which doesn’t need much preparing. A couple of ideas:

- Provita/ Cream crackers/ Salticrax (placed in an ice cream container) with cheese wedges, marmite (small plastic bottle only), mussels, tuna (John West or Cape Point sachets are great) or even salami (not pre-cut, but on the roll, otherwise the meat dries out in the heat).
- Dried fruit, Snacker/ Jungle Oats or other health bar, high in energy and fibre. There are some ridiculously expensive brands of energy bar – a complete over kill if these are bought. The one we recommend (Jungle) goes for R8.00.
- Peanuts and raisins / Biltong / droë wors (vacuum packed – a must as the food goes off if it is not vacuum packed). There is also trail mix and, once again, a vast array of prices and products. We recommend a 50 g packet of Snackit for R9.50.
- 2 minute noodles
- (For those hiking right from the start (Apex and Wolfberg) bring nice home-made rolls full of all your favourite ingredients for lunch on day one)

Suppers. Here are some suggestions:

- In the past we have recommended Pasta-and-Sauce or Cup-a-Snack mixed with a variety of options. Feedback from Grade 11's is that is easier, quicker and tastier to use 2-minute noodles instead. In order to get the necessary protein, we recommend the addition of tuna or salami to the noodles.
- Don't pack tinned food – tins are too heavy and contain water. Rather use goods to which water must be added.
- You could also spoil yourself with some of the wonderful de-hydrated camp food that is available at stores like Outdoor Warehouse or City Rock – expensive though!! Find out from those who have been before if they liked the food or which food was best. R180 per meal (City Rock), compared to R29 for the tuna and 2-minute noodle option. Way less kilojoules in these freeze dried foods therefore not as good!
- Again for those of you that start hiking on the first day – save a good sized portion of a favourite home cooked meal and freeze the meal in a plastic bag. Bring the sealed packet along on the first day and it will defrost slowly in your bag and be ready to be heated up for your first meal. From then on you will be on your own and you will long for home cooking!
- Do not bring along uncooked steak or wors for the first night – it might sound like a wonderful idea, but the cleaning of the pot used for frying is going to make you regret your decision.

To drink

- Game powder in sachets. If you choose this option take no more than one sachet per day. The packet says that you will get a litre of game from one sachet, but it can easily be stretched to 1.5 litres and still taste great. Try it out at home to find out how strong you prefer it. Experience has shown that boys usually bring way too many sachets of powder. Super-C's, Sparkles, jelly babies etc are excellent for provision of glucose and some feel that the combination of these and drinking sufficient water works just as well as drinking Game. It also provides greater variety.
- Remember coffee / tea or hot chocolate for mornings and evenings. Some prefer coffee bags or the tasty cappuccino sachets, they make a much nicer cuppa than instant coffee, especially when mixed with a dash of condensed milk! If you take condensed milk, make sure you have it in a strong plastic bottle with a tight screw top in a zip lock bag. A whole can of condensed milk is heavy and most is wasted by those who choose this option. The cappuccino option also means no hassle with milk powder.

Snacks

Chocolate is normally not a good idea (too hot), but if you have to have a chocolate fix, take it in the form of Smarties – they don't make too much of a mess.

Other snacks: Nougat, jelly babies, biltong, energy bars, droë wors sticks, Sugus, an apple or orange a day, nuts and raisins, super C's.

Most boys go over-board on snacks and end up carrying a lot of extra weight in snacks, which they never eat. Plan carefully and be realistic. You might want to pack a zip-loc bag per day that contains your quota of snacks for the day – walking with this in your pocket can allow you quick access to a sweet and also provides a bin for those sweet wrappers that fly away so easily!

Solo Packs

Food for the solo time should be packed into the box given with the necessary labelling and sealing on the outside. Remember that these boxes can be heavier, so pack a luxury or two such as a litre of fruit juice or a tin/sachet of really nice food!