

## EPIC 2017

### RECOMMENDED FOOD LIST FOR HIKING & SOLO BOXES

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 2017” doc for details.

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; Couldn't find strings of these cereals at PnP Pinelands – Vital also had 50 g packets.
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	Nespray has a 250 g packet.
Ouma Buttermilk Rusks		2	6	12		1 box	Individually wrapped are now available
Cappucino/Coffee Sachets				6			3 per hike
Game sachets		1	6	6			Don't overdo these.
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	Pack into 2 zip-loc bags – equivalent of 1 litre for each hike for tea, coffee. If not a tea/coffee drinker or sachets bought - leave
Tuna sachets		2	6	12			
Provita		6	6	36			10 sachets of 4 biscuits per sachet to a 233 g box. Buy 1 box.
Salticrax		4	6	24			23 to a tube of Salticrax. Buy a box consisting of 2 tubes
Melrose/Laughing Cow cheese wedges		2	4	8			8 per box
Two min noodles		2	6	12			
Peanuts and raisins - strip		1	6	6			Or get something similar.
Trail Mix (Snack it)		1	6	6			50 g packets.
Jungle Oats energy bar		2	6	12			Huge range of energy bars. Try out one first.
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			Four packs of 80 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			

<b>Solo box (24hours)</b>						
	Quantity per day	No of days	Total	Mass per serving	Mass per person	
Nola Ready to eat Chicken Mayo or equivalent	1					Couldn't find this but PnP Pinelands sell Gold Dish tins of Chicken peri peri for R32; Chicken Breyani for R32; Beef Breyani for R39 or Mutton Breyani for R42. Could also go the luxury route and buy a freeze dried meal to spoil yourself.
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 box	1					110 g tube
Trail Mix	1					
Wine Gums	2					
Tuc biscuits	1 pack of 4					
Bar One	1					
Vacuum packet droe wors	1					
Juice (1 litre)	1					Some like this – put it in the river to cool. Screw top lid so can be had through the warm day.