

EPIC 2023

RECOMMENDED FOOD LIST FOR HIKING & 24 hr SOLO BOXES

The totals shown below are for both hikes - half in ruck sack and the other half in hiking box. Total mass for one hike should be close to 3 kg per hike. Experience has shown that boys take too much food – way too much! There are some groups that require more and others less than this – see “General Info about Hiking and 24 hr Solo boxes 2023” 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			Only flavours at PnP Pinelands on 16 Oct were: Original; Creamy, Apple and Cinnamon, Caramel, Strawberry and Yoghurt, Chocolate and Variety.
Muesli	Mix these 3 (add sugar) in a zip lock	1	3	3	50	150	A variety of options here. Strips of muesli (40 g packets) can also be purchased but check how much you can eat. Can also buy a 500 g bag and decant into a Zip Loc – this way you can mix in Pronutro, milk powder and sugar if required.
Pronutro/Future Life				3	50	150	Pronutro - 50 g per packet from a 500 g box Future Life comes in 50 g sachets – Did not find them at Pinelands this year.
Milk Powder				3	32,5	98	Nespray has a 400 g packet.
Ouma Buttermilk Rusks OR Good Morning Breakfast Bics OR Weetbix Breakfast Bics		2	6	12		1 box	Individual sachets of both products can be bought – that way you vary flavours.
Cappucino/Coffee Sachets				6			3 per hike. A wide variety of these are now available. Some contain creamer and sugar. Find what you would like to use.
Game sachets		1	6	6			Don't overdo these. More than one per day is unnecessary.
Cuppa soups				2			If it is cold, these are 'nice to haves'. Just 1 or 2 for both hikes – a box can have 3 or 4 sachets in so buy the flavour you want.
Hot choc		1	6	6	30	180	Can buy a container and decant but SO much easier to buy the sachets.
Milk Powder - for two litres		2	6	12	10	120	If you have to have milky tea, then you will pack into Zip loc. Not necessary to pack too much – some might need for breakfast. No more than a 1 litre equivalent in dry powder.
Tuna sachets		2	6	12			Both PnP and Woolworths have these. Woolies was cheaper and a wider range available.
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
Cheese wedges		2	4	8			8 per box. Melrose or Laughing Cow
Two min noodles		2	6	12			A variety of flavours – added by adding the sachet so the strength of the mix can be varied. I'm opting for couscous and adding a variety of stock powders, garlic flakes etc to get a more flavourful meal.
Peanuts and raisins - strip		1	6	6			Or get something similar.
Trail Mix (Snackmix)		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			Work out how much you use and pack that mass for each hike
Vacuum pack droe wors	1	6	6			Six packs of 80 g. 25 g packets also available at PnP but a bit small!
Vacuum pack biltong	1	6	6			Sliced 80 g. 25 g packets also available at PnP but a bit small!
Oreos	1	4	4			Sachets of 4 biscuits per packet
Wine gums	1	3	3			Or equivalent sweets that can be packed into a 'snack bag' for each day
Super C's	1	3	3			Did not find these at Pinelands but often found in a bulk pack of small tubes
Peanut Butter						15 g Yum Yum peanut butter sachet. Buy as many as needed.
Solo box (for 24 hour solo)	Quantity per day	No of days	Total	Mass per serving	Mass per person	These items go in the smaller 24 hr solo box.
Heat and Eat at Woolworths (vegetarian). Range options from R33 to the more pricey mushroom risotto at R54.	1					You could also do freeze dried meal here. You can also add biltong or tuna to a vegetarian meal. Try one out before buying – particularly the more cost effective Woollies meal. The food can be heated in its bag in hot water – saves on pot cleaning.
Two min noodles	2					Only if you do not buy another luxury type meal.....
Oreos small pack	2					
Tea	3 bags					
Coffee/cappucino sachet	1					
Milk powder	5				50	Or use long life milk as per below.
Long life milk 500 ml - screwcap	1					Could just go for a 1 litre.
Oatso easy/Future Life/Muesli	2					
Pringles box	1					100 g tube
Trail Mix	1					
Wine Gums or equivalent	2					
Tuc biscuits or equivalent	1					100 g packet
Bar One	1					Will need to keep it cool.
Vacuum packet droë wors/Biltong	1					
Custard	1					500 ml box
Juice/Ice tea (1 litre)	1					Some like this – put it in the river to cool. Screw top lid so can be savoured through the warm day.