

## EPIC 2024

### RECOMMENDED FOOD LIST FOR HIKING & 24 hr SOLO BOXES

<b>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 2024” doc for details.</b>							
HIKING (Two Hikes)		Quantity per day	No of days	Total	Mass per serving	Mass per person	Notes
		2	3	6			<i>One half goes in the ruck sack for the staff hike and the other half in the larger of the two boxes for the solo hike.</i>
Oatso easy							Variety boxes are available as are single flavour boxes.
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 I haven't seen the 50 g Future Life sachets for the past few years.
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 if you insist on using this mode of replacing sugars in your body. More than one per day is unnecessary. See the other note.
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 lock. 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			I went to Pinelands PnP and Woolies. Only found at Woolies.
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. You could opt for couscous and adding a variety of stock powders, garlic flakes etc to get a more flavourful meal. Similarly for rice but it takes longer to cook as couscous soaks & rice needs boiling.
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.

	Quantity per day	No of days	Total	Mass per serving	Mass per person	Notes
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 in the zip loc
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.
<b>Solo box (for 24 hour solo)</b>	<b>Quantity per day</b>	<b>No of days</b>	<b>Total</b>	<b>Mass per serving</b>	<b>Mass per person</b>	<b>These items go in the smaller 24 hr solo box.</b>
Heat & Eat at Woolworths (vegetarian). Wide range available. Too heavy for hiking but ideal for the 24 hr solo	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.

