

## EPIC 2025

### 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!<br>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. |                                       |                  |            |       |                  |                 |                                                                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|------------------|------------|-------|------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HIKING (Two Hikes)                                                                                                                                                                                                                                                                                                                                                            |                                       |                  |            |       |                  |                 | Notes                                                                                                                                                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                               |                                       | Quantity per day | No of days | Total | Mass per serving | Mass per person | <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                                                                                                                                                                                                                                                                                                                                                                    |                                       | 2                | 3          | 6     |                  |                 | 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<br>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.                                                                                                                                                     |

