



IMPORTANT INFORMATION

Meal Requirements - You are required to bring all meals and snacks for the duration of the expedition, as well as a small emergency meal. Please see below the meal requirements for the different expedition levels:

- **BRONZE** - 2 Lunches, 1 Dinner, 1 Breakfast & Snacks
- **SILVER** - 3 Lunches, 2 Dinners, 2 Breakfasts & Snacks
- **GOLD** - 4 Lunches, 3 Dinners, 3 Breakfasts & Snacks
- **Please note** - if you are on a *Bronze Preliminary Training & Practice Expedition* – lunch, dinner & snacks will be provided for the training day and breakfast the following morning will also be provided. You will need to bring along the meals and snacks outlined above next to **BRONZE** for the expedition phase.

Nut Free Camp - Please remember that **Somerset is a 'nut-aware' camp**. We ask that you do not bring whole nuts or peanuts or nut / peanut products to camp. The 'may contain traces of nuts / peanuts' warning on foods are ok.

Stoves - Somerset supplies Trangia stoves (with fuel & matches) for use at breakfast and dinner; no cooked lunches please. The stoves are suitable for 3-4 people to share and come with two pots and a pan.

Mess Kit - You will need to bring a mess-kit (Inc. cutlery, plate/bowl, mug, etc.) to eat your meals. Bring only the bare minimum and choose meals that support this.

Water - You are required to have the capacity to carry 3 Litres of water in a minimum of 2 canisters (e.g. bottles or water bladders) so in the case that one breaks you have a spare. These bottles/water bladders can be filled at camp. You will not require any purification products.

Emergency Rations - You also need to take an emergency meal with you, in case of unexpected delays. Your emergency meal should be food that doesn't need to be cooked and is high in energy (e.g. muesli bars and a small tin of spaghetti or baked beans).

THE RULES OF THUMB

When choosing your expedition meals there are certain rules of thumb you should follow - meals should:

1. **Be light-weight**
2. **Be nutritious**
3. **Be non-perishable**
4. **Have all excess packaging removed**
5. **Ideally require very little time & equipment to prepare**
6. **Not be easily squashed or broken**
7. **Be food that you like & will fill you up**
8. **Not contain nuts**

As these rules narrow down a lot of food options, to help, we have come up with some meal suggestions below. If you go to the blog page of our website you may find some extra recipe ideas. When packing your food, we highly recommend zip-lock bags for dividing into days and/or meals portions.

MEAL SUGGESTIONS

Breakfast Ideas

Cereal

- Such as: Weet-Bix, muesli or porridge varieties (which provide optimum weight/energy/filling balance)

...with:

- Long life or powdered milk
- Fruit – Fresh or dried



Lunch Ideas

Flat Bread

- Such as: Mountain bread, tortilla wraps, Lebanese bread, etc.

OR

Crackers

- Such as: Vita-Weats, Cruskits, etc.

...are a good base with:

- Long-life cheese-sticks or wedges
- Tuna/Salmon sachets or small tins – choose a variety with minimal liquid.
- Tomato OR cucumber
- Long-life salami sticks
- Spreads – Vegemite, honey, etc.
- Beef Jerky



Dinner Ideas

Freeze-dried meals – available from Somerset

Rice, Noodles or Pasta

...with:

- Carrots, onion, celery, etc.
- Tuna / Salmon
- Tin Beans or Lentils
- Freeze dried Mince
- Stir-fry Sauce (squeeze a small amount into a zip-lock bag)



Supermarket heat-and-go meals - watch the weight!

- Such as: Rice & Chicken Curry, Chunky Soups, etc.

Dessert Ideas

Damper – Bring flour, all you need to add is water.

Chocolate Bar

Marshmallows

S'mores

Hot Chocolate/Milo



Snack Ideas

Muesli Bars

Trail Mix – Including: sultanas, dried apricots, banana chips, choc chips, jelly lollies, etc. but NO NUTS!

Fresh or Dried fruit – Oranges carry well, dried apple, etc.

Fresh Vegetables – Good to munch on as you walk – e.g. carrots, snow peas, etc.

Chocolate – It may melt though!

Lollies – Not too many!

Hot Chocolate, Teas OR Coffee

Powdered cordial – Such as: Tang, Vita fresh – good for summer and Silver/Gold expeditions.

Pretzels OR Soy Crisps – A bit of salt is good.

