

## IMPORTANT INFORMATION

- **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 methylated fuel stoves (with fuel and 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 (cutlery, plate/bowl, mug) 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).

## Meal Requirements

You are required to bring meals and snacks for the duration of your expedition, as well as a small emergency meal. Please see below the meal requirements for the different AJs:

### Bronze AJs

#### All-In-One Hike | 5 Days

**Please Bring:** Four Lunches, two Breakfasts, two Dinners, sufficient snacks and a small emergency meal.

**Somerset Provides:** Day 1 Lunch, Dinner and Snacks, Day 2 Breakfast, Day 3 Dinner and Day 4 Breakfast

#### Preliminary Training & Practice Hike | 3 days

**Please Bring:** Two Lunches, one Breakfast, one Dinner, sufficient snacks and a small emergency meal.

**Somerset Provides:** Day 1 Lunch, Dinner and Snacks and Day 2 Breakfast.

#### Qualifying Hike | 2 days

**Please Bring:** Two Lunches, one Breakfast, one Dinner, sufficient snacks and a small emergency meal.

### Silver AJs

#### All-In-One Pack & Paddle | 6 Days

**Please Bring:** Six Lunches, four Breakfasts, four Dinners, sufficient snacks and a small emergency meal.

**Somerset Provides:** Day 3 Dinner and Day 4 Breakfast.

#### Practice or Qualifying Pack & Paddle | 3 days

**Please Bring:** Three Lunches, two Breakfasts, two Dinners, sufficient snacks and a small emergency meal

### Gold AJs

#### Practice or Qualifying River and Ridge | 4 days

**Please Bring:** Four Lunches, three Breakfasts, three Dinners, sufficient snacks & a small emergency meal

#### Practice or Qualifying Urban Odyssey | 4 days

**Please Bring:** Three Lunches, two Dinners, three Breakfasts, sufficient snacks & a small emergency meal

**Somerset Provides:** You will be provided with team money to buy the Day 3 Dinner and Day 4 Lunch

## MEAL SUGGESTIONS

### Breakfast Ideas

- **Cereal:** Weet-Bix, muesli and porridge varieties are light-weight, but also filling and full of energy.
- **Milk:** Long-life can come in small single use cartons, or powdered milk can be portioned into zip-lock bags.
- **Fruit:** Fresh or dried or cups – apples are suitable but fruits that squash easily like bananas are unsuitable.
- **Hot Chocolate or Black/Fruit Tea or Coffee**

### Lunch Ideas

Start with *bases*, such as...

- **Flat breads:** Mountain bread, tortilla wraps, and Lebanese bread are suitable.
- **Crackers:** Vita-wheats and Cruskits – but be careful they don't get too squashed.

Then consider *fillings*, such as...

- **Long-life cheese:** Comes in the form of sticks or wedges.
- **Tuna/salmon/chicken:** Comes in tins and sachets – consider a variety with minimal liquid.
- **Vegetables:** Tomato and cucumber are popular options.
- **Long-life meats:** Salami and Beef Jerky
- **Spreads:** Vegemite or honey (Note: Somerset is a **nut-aware** camp, please do **not** pack Peanut Butter or Nutella).

### Dinner Ideas

- **Freeze-dried meals:** Lightweight and easy, just add boiling water – available from our [online store](#).
- **Rice, noodles or pasta:** Are a good base with a few extra ingredients, such as:
  - carrots, onion and celery
  - tuna/salmon/chicken - comes in tins and sachets
  - tin beans or lentils
  - freeze-dried mince
  - stir-fry sauce (a small pouch or tub or squeeze a small amount into a zip-lock bag)
- **Supermarket heat-n-go meals:** For example, Sun Rice's Thai Green Curry (chicken with rice) or Campbell's soups. With these supermarket meals they often say microwave, but boiling them in the bag or heating the contents over a stove often works too. Be careful of the weight of these though, some are quite heavy.

### Dessert Ideas

- **Damper:** Flour and water for the dough. Cook on a stick over the campfire embers.
- **Chocolate Bars:** Must be nut-free.
- **Marshmallows:** Toasted, the best!
- **S'mores:** Biscuits, chocolate, melted marshmallow sandwiches – with the help of a camp fire.
- **Hot chocolate or Black/Fruit Tea or Coffee:** Great for winter!

### Snack Ideas

- **Muesli Bars:** Must be nut-free.
- **Trail-mix:** Must be nut-free, include dried fruit, seeds, choc chips and jelly lollies.
- **Fresh or dried fruit:** Oranges and apples if fresh, if dried - apples, sultanas, apricots, prunes, mango, etc
- **Fresh vegetables:** Carrots and snow peas – great to munch on while you walk.
- **Chocolate:** Careful of melting during the day.
- **Lollies:** Don't overdo it but a little treat can lift spirits, great for sharing too!
- **Hot chocolate, tea or coffee:** Great for winter!
- **Powdered cordial:** Tang, Vita-fresh – good for hot summer day and longer expeditions.
- **Pretzels or Soy Crisps:** A bit of salt is good – especially for any muscle cramps after a long day of hiking/paddling.

## **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 or peanuts**

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.