



Simple and Easy Bronze Qual Expedition Shopping List

- **1 packet** | crackers or wrap bread
- **2 small sachets** or tins | flavoured tuna/salmon
- Or **5** | salami striker sticks (shelf-stable variety)
- **1 Packet** | Cheese wedges or sticks (shelf-stable variety)
- 'Happy Hour' (1 tube of **chips**)
- **1 packet** | Pasta & Sauce | Rice & Sauce (eg Continental Pasta 'n' Sauce)
- **1 packet** | Cuppa soup sachets
- **1 box** | Hot chocolate sachets or Herbal Tea
- **1 small bag** | jelly snakes or sweets of your choice
- **1-3 small packs** | assorted Dried fruits (eg; sultanas, apricots, cranberries)
- **1 small pack** | M&Ms or similar choc / carob treats
- **1 small bag** | Soy Crisps, Dried Chickpeas, Pretzels or similar salty treat
- OR if scroggin isn't your thing - **1 box** | muesli or snack bars of your choice
- **Small packet** | powdered milk/milk alt or a small popper of longlife milk/milk alt
- **Sml Pack** | Cereal or muesli (or use what you already have at home)
- **2-4 pieces** | fruit (eg; mandarin, apple)
- **2 serves of veg** – to cut up and add to your wrap (eg; cucumber, tomato, capsicum)
- **1 pack** | Dessert & Supper Treats – something yummy of your choice (eg; choc bars)
- **1** | Tin of Baked Beans or a Freeze-dried meal (for your emergency ration)



Note: no need to bring knives, chopping boards etc. – these are provided. And remember, NO nuts or nut products at Somerset. For the extra items you don't need – make sure you use them for your next expedition, or at school for recess and lunch

Preparation at Home – The trick is to remove any extra packaging and the items not needed

Snacks

- ✓ Make your Scroggin - put 2 large handfuls of dried fruits into a bowl > Add 1 handful of M&Ms > Add 2 handfuls your salty thing > Mix well and then divide into 4 small bags or tubs (2 per day)
- ✓ OR if Scroggin isn't your thing - take 4 muesli / snack bars from box (2 per day)
- ✓ Take your packet of sweets as is for your sugar-hits as required
- ✓ Take the fruit as is (1 or 2 per day)

Breakfast

- ✓ Put one serve of muesli/cereal into a resealable bag (reusable ones are best)
- ✓ Add 1 heaped dessert spoon of powdered milk into the bag. Or grab 1 milk popper (we suggest this is placed in a bag just in case it pops)
- ✓ Add small handful of dried fruit that you have left from your scroggin (optional)
- ✓ Grab 2 hot choccie or tea sachets (1 with brekky and 1 for supper)

Lunch

- ✓ Take the salmon/tuna tins or salami as is
- ✓ Take 4 cheeses
- ✓ Take your pack of wraps as is, or count out how many crackers you'd like for each lunch
- ✓ Take the veggies (best to leave in the fridge at home until just before you leave)

Dinner

- ✓ Take happy hour as is (Pringles-style tubes are a good way of protecting the chips) Great to share with your team as a treat before dinner
- ✓ Take 1 Cuppa soup – for your entrée (a very good addition for expeditions in the cooler times)
- ✓ Take pasta and sauce packet as is
- ✓ Take 2 Dessert and Supper treats