

Prior Planning Prevents Poor Performance on the Expedition.

Planning food for a day/s tramp.

Points to consider:

- *How many in the party?*
- *How long will the trip be?*
- *Where are we going? Terrain, distance, availability of water.*
- *Time of year (weather)*
- *Facilities: Hut, (Stove, Cookers?) Tent*

Diet

Tramping is a strenuous activity. Need 3000-4000 calories per day

A balanced diet of:

*Protein: Quickly digested-muscle tissue repair.
E.g. Meat, fish, eggs, cheese, milk powder*

*Fats: Slowly digested, highest energy content.
E.g. Salami, bacon, cheese, butter, chocolate, full cream milk powder.*

*Carbohydrates: Quickly digested, quick energy.
E.g. Oatmeal, muesli, dried fruits, sugar, bread, honey, sweets,
macaroni, spaghetti, rice*

Eat proteins, fats & carbohydrates in proportions of

- *1 portion protein, 1 portion fat, 4 portions carbs over a day*
- *When active/cold weather eat more fats. Portions: 1 x protein, 2 x fats, 3 x carbs*
- *Long trips you will need a variety of food.*
- *Keep weight down (1 kg dry weight per person per day) Spread food amongst party.*
- *Pack food in day / meal lots / plastic bags / containers.*

Special food needs.

- *Diabetics: Regular meals, snacks required. Increased activity and cold conditions may affect diabetics' supply of energy. Adjust food intake.*
- *Ethnic groups, sensitivity to needs*
- *Vegetarians, special diets, allergies. Alternative sources of protein, e.g. cheese, lentils, nuts
E.g. and additional Backcountry meal, packet soup, rolled oats, baked beans, chocolate, and sweets.*

Everyone to have emergency food

Hygiene

Being careless about hygiene could result in sickness and transmitting a bug to the rest of the party. Cut & clean those fingernails before the tramp. Wash hands after going to the toilet & before cooking a meal.

Bacteria needs food (almost anything will do), moisture, suitable temperature, time.

Sources of bacteria are: hand, mouth, nose, and bowels.

Advise contact person on return.

Post trip – What was not needed? Did I need extra food, clothing? Amend list.

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GEAR, FOOD, CLOTHING SUGGESTED LIST.

<u>Gear</u>	<u>IN V</u>	<u>Food suggestions</u>	<u>IN V</u>
<p>Ground sheet Tent/Fly/rope/pegs Sleeping Bag (summer/winter?) Bed Roll Pack & Pack Liner</p> <p>Billy/ies Frypan & (handle) Plate, Mug Knife/spoon/spork Cooker Fuel/gas canisters Cell phone Whistle Map Compass Water bladder/ Drink bottles Flannel/small towel Toilet paper (in zip lock bag) Hand sanitizer Toiletries Sunscreen/insect repellent First Aid Kit Water purifier tablets Fire starter (matches, lighter, rubber tube) Spare boot laces Headlamp/torch Spare batteries Small day Pack (if needed for side trips) Plastic bags (for wet clothes, rubbish & to sit on) Dry bags (for clothes)</p> <p><u>Optional extras</u> Ear plugs, hiker's wool Entertainment (cards, Sudoku) Sleeping bag liner</p> <p>Group PLB</p>		<p>Premix Rolled Oats 30 gms/day with salt, sugar, milk powder Or any other breakfast cereal e.g: muesli</p> <p><u>Lunches</u> Day 1 - Bread 2-4 slices Day 2 onwards - crackers/buns/other, e.g: creamed rice Fillings: Cheese/salami/relish/peanut butter</p> <p><u>Dinner</u> Day 1 - Dehydrated meal or can/sachet of fish or Sausages/meat/vegetables Day 2 - Dehydrated meal / dehydrated potatoes, vegetables/ sachet can fish/pasta packets</p> <p><u>Other</u></p> <ul style="list-style-type: none"> • Chocolate/muesli bars/one square meal • Barley sugars 4 per day • Scroggin 125 gms per day • Beef jerky 4 tabs per day or biltong • Orange, banana, dried fruit packet • Soup or noodles • Tea/Coffee/ Hot Chocolate • Milk powder (measure out) • Energy drink powder (e.g. Raro, PowerAde) • Oil, salt (for cooking) <p>Emergency food for 1 extra day</p> <p>Clothing (dress for Summer/ Winter/Wet). Good tramping footwear.</p> <p><u>Layers for warmth</u></p> <ol style="list-style-type: none"> 1. Polypro/marino short sleeved T-shirt x1 + 1 spare Polypro/marino long sleeved x1 + 1 spare 2 - 3 pair socks = 2-3 days Polyprop/marino long johns x2 (one for nightwear) Underwear Beanie, gloves, sunhat/cap 2. Insulating layer- Fleece Jacket (day & or night) 3. Outer layer - Waterproof Rain coat/Poncho <p><u>Optional</u> Over trousers Gaiters Camp/hut footwear Neck warmer/buff</p>	

PERSONAL MEDICATION: Inhaler, pills etc

Remember if you get out in the field and you find you do not have it, **you never put it in!!**

(Option: leave in car a change clothes)