



Food

Because we expect to be out on the land – self sustained for around 80 days or so (although we really have no idea!) We will be bringing with us 100 days worth of rations, calculated at 4500 calories per person per day. This can be extended to about 120 days worth of food if need be.

In total we will be bringing:

200 x	Packets of ‘Double-Serve’ Freeze Dried Meals
400 x	Burrito Flat Breads
10kg	Peanut Butter
25kg	Chocolate
10kg	Mixed Nuts (Trail Mix)
10kg	Salted Peanuts
10kg	Salted Cashews
10kg	Oats
18.5kg	Full Cream Milk Powder
277g	Loose Leaf Tea
750g	Instant Coffee Powder
1kg	Hot Chocolate Powder
4kg	Brown Sugar
17kg	Cous Cous
10kg	Salted Butter
7 x	Tubes Vegemite
	Assorted Herbs and Spices

On an average day we will have:

Breakfast – Cup of coffee and bowl of oats with brown sugar, milk powder and lump of butter.

Lunch – 2 x Flatbreads each with copious amounts of butter, peanut butter and vegemite.

Dinner – A ‘double serve’ freeze dried meal supplemented with butter, a cup of hot chocolate or tea and a cup of cous cous with spices and butter.

Snacks – Throughout the day we will have 144g of chocolate each and four hand-full’s of nuts.

