



Hungry, Hungry! While on expedition you will build up a bigger than normal appetite – all that adventure makes one hungry! The food you bring on expedition should be, lightweight, high in energy and it is much better to have food left over than not enough.

You should consider buying foods that:

- are high in energy and nutritious, covering all the food groups
- are "hearty" and filling – it is especially nice to have a hot meal at night
- are easy to prepare (saves time when you are cold, wet and tired)
- are easy to clean up after (minimum packaging – be environmentally aware)
- are not easily squashed or broken
- don't require refrigeration
- taste good! (you should try meals before you take them away with you)



*You should consider that if there is a fire ban you will need to have food that doesn't need cooking.
Call the NSW Rural Fire Service on 4575 1601 for information on Fire bans.*

Emergency Rations: You also need to take a day's emergency rations with you, in case of unexpected delays. Your emergency ration should be food that doesn't need to be cooked and high in energy.

Stoves: Somerset supplies Trangia stoves (with fuel) for use at breakfast and dinner; no cooked lunches please. The stoves are suitable for 3-4 people and come with a pot and a pan. Please bring your own mess kit with plate, cup and cutlery as needed, as well as a pot scourer, detergent and tea-towel. *The only stoves to be used on expedition are the ones provided by Somerset.*

Please remember that Somerset is a 'nut-free' camp. We ask that you do not bring whole nuts or nut products to camp. 'Traces of nuts' in foods are ok.

Breakfasts

- Cereal, porridge, muesli
- Long life or powdered milk

Lunches

- Bread – rye bread, lavish, mountain bread
- Crackers – vitaweets, rivita, cruskits etc
- Cheese
- Salami or Tuna sachets
- Fruit – fresh or dried

Dinners

- Pasta, rice or noodles
- Soup
- Tuna sachets
- Salami
- Dehydrated or fresh vegies
- Freeze dried meals
- Dehydrated meals from camping stores



Snacks

- Dried or fresh fruit
- Muesli bars, fruit bars
- Chocolate
- Sweets (unwrapped – keep Australia clean!)

Food Suggestions

- Fruit cake, Biscuits; savoury, sweet, wheatmeal
- Noodles (to add to a meal, not by itself)
- Beans or lentils
- Protein – eggs (hardboiled, fresh, dried), dried meat, tofu, tuna, cheese (hard cheese, brie)
- Fruit – fresh, dried, stewed
- Hot chocolate, tea, coffee
- Spreads – vegemite, jams, honey
- Fresh Vegies – sprouts, potatoes, beans, capsicum, celery (all will keep for a few days)
- Dried Vegies – peas, corn, carrots, potato (deb), onion
- Soup – 'cup-of-soup'
- Herbs, curry, mustard, salad dressings
- Flour – to make damper or dumplings
- Powdered milk, custard, instant pudding
- Meat – freeze dried and wrapped, frozen, cured, tinned, pre-cooked (eg sausages, bacon, corned beef, salami, tuna)
- Freeze dried 'Back Country' meals