

HIKER'S FOOD CHECKLIST

BEVERAGES	Quantity Needed				
Tea bags					
Coffee					
Drinking chocolate / Milo					
Sugar					
Coffee creamer					
Game (or similar isotonic / hypertonic drink)					
BREAKFASTS	Quantity Needed				
Oat-so-Easi / muesli					
Powdered / condensed milk					
Muesli bars					
Yoghurt (first day only!)					
LUNCHES	Quantity Needed				
Sandwiches / rolls (first day only!)					
Dried fruit					
Dried wors / biltong					
Peanuts					
Energy bars (e.g. PVM, Snacker, Bar One)					
Cheese (wrap in newspaper)					
Crackers (e.g. Provita / Wheatsworth)					
Fresh fruit					
SUPPERS	Quantity Needed				
Soup (e.g. Cup-o-Soup)					
Pre-cooked frozen meal (wrap in newspaper - first night only!)					
Pasta-n-Sauce					
Spaghetti / Chinese noodles					
Freeze-dried vegetables					
Smash (powdered potato)					
Canned fruit (first night only!)					
Instant puddings and milk powder (e.g. Make-a-Litre)					
SWEETS	Quantity Needed				
Chocolate					
Super-Cs					
Wine gums / fruit jubes / jelly-babies					
Chips (small packets)					