

Proud to deliver

# THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD



## How To Use a Trangia Stove

In Pictures

<https://www.wikihow.com/Use-a-Trangia-Camping-Stove>

On Youtube

How to use a Trangia lightweight camping stove by Adventure Pro

<https://www.youtube.com/watch?v=emp0-hPCLpQ>

## **Menu Planning:**

Food needs to be

- a) High in kilojoules;
- b) Nutritionally balanced;
- c) Easy to Prepare;
- d) Light weight to pack. Don't bring cans use dehydrated foods or powdered foods;
- e) Limit fresh food that could spoil;
- f) Tasty;
- g) Allow 900kgs in weight /per person/day.

## Carbohydrates:

Rice, pasta, couscous, flat beads, muesli, rolled oats, vita weets

## Protein

Tuna, cabana, salami, freeze dries egg powder, lentils, chicken, beef jerky

## Fruit and Vegetables

Apples, carrots, onions, dehydrated peas, dehydrate mash potato, dried fruits

## Dairy

Powdered milk, cheddar cheese

## Desserts

Instant puddings, "strawberry ice-cream desert" from Back Country Cuisine (\$14.00)

## Drinks

Tea, coffee, milo powder, hot chocolate powder, powdered milk, miso soups, cup of soups

How to make an evening meal:

Select one ingredient from each line:



# **Menu Planner Sample – 2 Day Bronze Bushwalk**

## **NO TREE NUTS IN ANY FOODS**

### **3 litres of water per day**

#### **Day 1:**

##### Breakfast

A big breakfast at home.

##### Morning Tea

Trail mix, energy bars, muesli bars, dried fruit

##### Lunch

Sandwich or wrap brought from home, apple, mini pizzas with ham and pineapple topping

##### Afternoon Tea

Trail mix, energy bars, muesli bars

##### Evening Meal

Cup of soup, rice, pasta, vegetables and a meat, seasoning for flavour. Try constructing a meal from the photo on the previous page.

##### Dessert

#### **Day 2.**

##### Breakfast

Uncle Toby's oats with powdered milk commercial preparation, or make your own oats and powdered milk in a snap lock bag, or a cereal of your choice, energy bars, cup of soups.

##### Morning Tea

Trail mix, energy bars, muesli bars, dried fruit

##### Lunch

Flat breads with spreads or tuna or chicken or salami, cheddar cheese Or rice thins or vita weets, any biscuit that does not crumble and disintegrate.

##### Afternoon Tea

Trail mix, energy bars, muesli bars