# Expedition food for thought

Quantities per person per day. (I eat more than most, so probably can reduce for most people)

Equipment needed – two stoves for redundancy – omnifeul c. 40ml petrol per person per dinner.

Two pots capable of boiling min 2l of water each (ideally more like 5l) – with lightweight lids or folded tin-foil for that job (these probably travel between someone’s legs

Everyone takes their own spork, water bottle, and purification of choice.

### Dinners

Main carbohydrate – one of: 150g rice, or 200g pasta\*, or 200g couscous (as above, I eat a lot - most people would probably want more like 100g rice, or 150 pasta/couscous)

Main protein – tinned tuna, or other tinned meat – best quality as can be minging – c.50-100g

Flavour – sweet chilli sauce, or soy sauce, or ketchup/bbq (these get old sooner)

\* eg spaghetti – packs smaller

### Breakfasts

Muesli/granola type stuff – 200g (I eat this stuff dry – some people may not like that)

People who aren’t dairy free might like ready-break type stuff.

### Lunches and Snacks

Variety is key – total c.400g per person per day

Cashew nuts mixed with raisins, and/or other fruit+nut

Dried fruit

Cereal bars

Malt loaf

Haribo

Possibly some wraps/compact bread type stuff that lasts well for early days

(I can’t eat dairy, but those who can might like chocolate bars)