

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)				