

GUIDED HIKING FOOD IDEAS LIST

Make it light and nutritious. Try and avoid tins.

Hiking shops now sell excellent Freeze-Dri suppers if you can afford the price.

Remember to include a few extra packets of soup, Oats So Easy, chocolate or noodles for emergencies. Include a good multi-vitamin supplement. Energy drinks in powder form and energy bars are good to have along. A few packets of re-hydrate can be very sustaining after a long hike. The secret is to eat often to maintain energy levels. Pack food items that may be damaged by water, in plastic watertight containers or zip-lock bags.

- **Breakfasts**

- Oat biscuits (Sugar and powdered milk)

- Muesli Bars

- Pronutro, Oats So Easy or other cereal pre-mixed with powdered milk and sugar to taste (just add cold or hot water)

- **Snacks and drinks**

- Chocolate or sweets

- Peanuts and raisins

- Dried fruit / 'trail mix' / energy bars

- Tea / coffee / Milo /Game pdr sachets isotonic sports drink

- **Lunches**

- Biltong or meat sticks

- Tuna in packets

- Pilchards, sardines or salmon

- Salami

- (Provita) biscuits and cheese

- 'Cup o Soup'

- Fresh fruit (apple or orange)

- Boiled eggs

- **Suppers**

- Pre packed hiking meal or freeze-dri meal

- Smoked chicken pieces (Keeps well)

- Bacon (Keeps well)

- 2min noodles / Smash dried potato (or couscous)

- Pasta meals in packets or pasta sauce / Soya mince

- 'Cup o soup'

In addition, it is useful to include some fresh chopped garlic, salt and pepper, and herbs and spices in 35mm film containers, as well as a small packet of Fallini grated cheese. For the first day it is a good idea to take pre-prepared sandwiches or rolls for lunch and a frozen home cooked meal if possible, for supper. The empty containers can then be used to carry rubbish. Small tins of pilchards in tomato make a good inexpensive meal and are not particularly heavy.