

Appendix 2. Sample food lists

This appendix gives suggested daily quantities of food for an adult person for various types of trips.

WEEKEND TRIPS (LIGHTWEIGHT)

A selection of fresh foods is appropriate for weekend walks, but is heavier.

Item	Quantity per day	How packed	Remarks
Muesli, rolled oats, Weetbix, etc	60 g	Bag	
Bacon	60 g	Paper	
Eggs (fresh)	1 (55 g)	Paper	Stow in billy or mug
Biscuits (crispbread)	100 g	Paper	Or fresh bread
Margarine/butter	30 g	Aluminium/ plastic container	
Cheese/salami/cabana	60 g	Cloth/paper then plastic bag	
Spreads (jam, honey peanut butter, Vegemite, etc)	50 g	Plastic containers	
Soup (single serve packet)	30g	Bag	
Packet stew/meat or home dried stew or meat	75 g 110–120 g	Bag	Various freeze-dried or dehydrated brands. For fresh meat allow more
Peas/beans etc.	15 g	Packet	Dehydrated
Instant potato	30 g	Bag	Powdered
Dried fruit (apples, apricots, pears etc)	60 g	Bag	
Chocolate	50 g	Bag	
Sweets (barley sugar, etc.)	30 g	Bag	Vary amount to suit individual preferences
Scroggin (nuts, sultanas, etc.)	60 g	Bag	
Tea or coffee	15 g	Bag	
Powdered milk	60 g	Bag	
Sugar	60 g	Bag	
TOTAL	900 g		

DAYS OF TOTAL FIRE BAN

Item	Quantity per day Mass (g)	Energy (kJ)	Remarks
Biscuits hard dry	110 g	2000	Or ryebread
Biscuits - sweet	30	700	
Muesli or muesli bars	80–120 g	1300	
Dried fruit (apples, apricots, pears, etc)	110	800	Better if soaked overnight
Cheese, eg. wedges, foil wrapped	55	1000	Or sealed packets, e.g. Coon
Instant coffee	15		Drink cold with milk and sugar
Fruit drink powder	15	200	e.g. Refresh, Staminade or Vita Fresh
Milk powder	75	1100	
Sugar	110	1700	
Meats (salami, cabana, smoked ham, etc)	85	1700	In the piece, not sliced
Spreads (jam, honey, peanut butter, vegemite, etc)	60	1000	Thick consistency
Margarine/butter	30	900	
Scroggin (nuts, sultanas, etc)	60	1000	
Chocolate/fruit bars	30	500	
Sweets, eg. barley sugar	30	500	
Salt	5	–	
TOTAL	900	14400	

EXTENDED WALKS

Cater for approximately 900 g/person/day of energy intensive dehydrated food, but vary for individual tastes or requirements. Larger people may require more.