

Catering for Lightweight Hiking

There are 4 different types of meals to eat while you are on an overnight hike. They are:

1. **Breakfast**, 2. **Lunch**, 3. **Dinner** & 4. **Snacks**. Listed below are some suggestions for catering for a weekend lightweight hike, like "Pigskin" and "Rally".

DRINK LOTS OF WATER ALL DAY LONG!

Breakfast

In a plastic zip lock bag, mix together cereal, raisins, (and/or other dried fruits) and powdered milk. Just add water to the bag, shake and spoon out your breakfast.

Snacks

Scroggin makes a nutritious, delicious and traditional walking snack. Scroggin stands for: **S**ultanas, **C**hocolate, **R**aisins, **O**ther **G**ood **G**ear **I**ncluding **N**uts. You can make your own, by mixing the ingredients together in a zip lock bag. Experiment with the ingredients. Other snacks can include muesli bars, dried fruit and hard glucose lollies. *Do not overdo the lollies.*

Lunch

Cracker biscuits with peanut butter or cheese or sardines or fish paste or vegemite or jam or honey or salami make a tasty lunch.

Dinner

See, **The Mix & Match Dinner Menu Planner**, below.

The Mix & Match Dinner Menu Planner			
Instructions:			
Dinner should consist of: 1. Base, 2. Sauce, 3. Vegetables & 4. Protein.			
<i>Below are 4 columns, take 1 ingredient from each column, mix them in a zip lock bag and you'll have a pretty good meal waiting for water and heat.</i>			
Note:			
<ul style="list-style-type: none"> • Bases marked with an * do not need a sauce. • Wrap all pre-fried items in alfoil. • Some items such as fish, only need to be added at the end of cooking, to be heated. 			
1. Base	2. Sauce	3. Veggie	4. Protein
instant noodles	hearty beef instant or powdered soup	dried peas	chopped twiggy sticks or salami
$\frac{1}{2}$ cup rice	any flavour instant or powered soup	dried carrot & peas	mixed nuts
100g of 3 minute pasta	instant cheese sauce	dried beans	pre-fried bacon strips
dried peas & corn	tomato instant or powered soup	dried onions	100g lentils
*pasta & sauce	curry powder	fried mushrooms & capsicum	pre-cooked beef strips
*rices of the World	stock cube (beef, chicken, bacon)	fresh chopped cauli or broccoli	dried or sachet fish such as tuna

I gathered these ideas from, *Fieldbook For Australian Scouting*. However there are lots of other ideas if you do some research on the internet. Another fantastic resource is the following book:

Stirling, Lindy., *Cooking in the bush*. Sydney: Albatross Books, 1984. (ISBN 0 86760 021 7)

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