

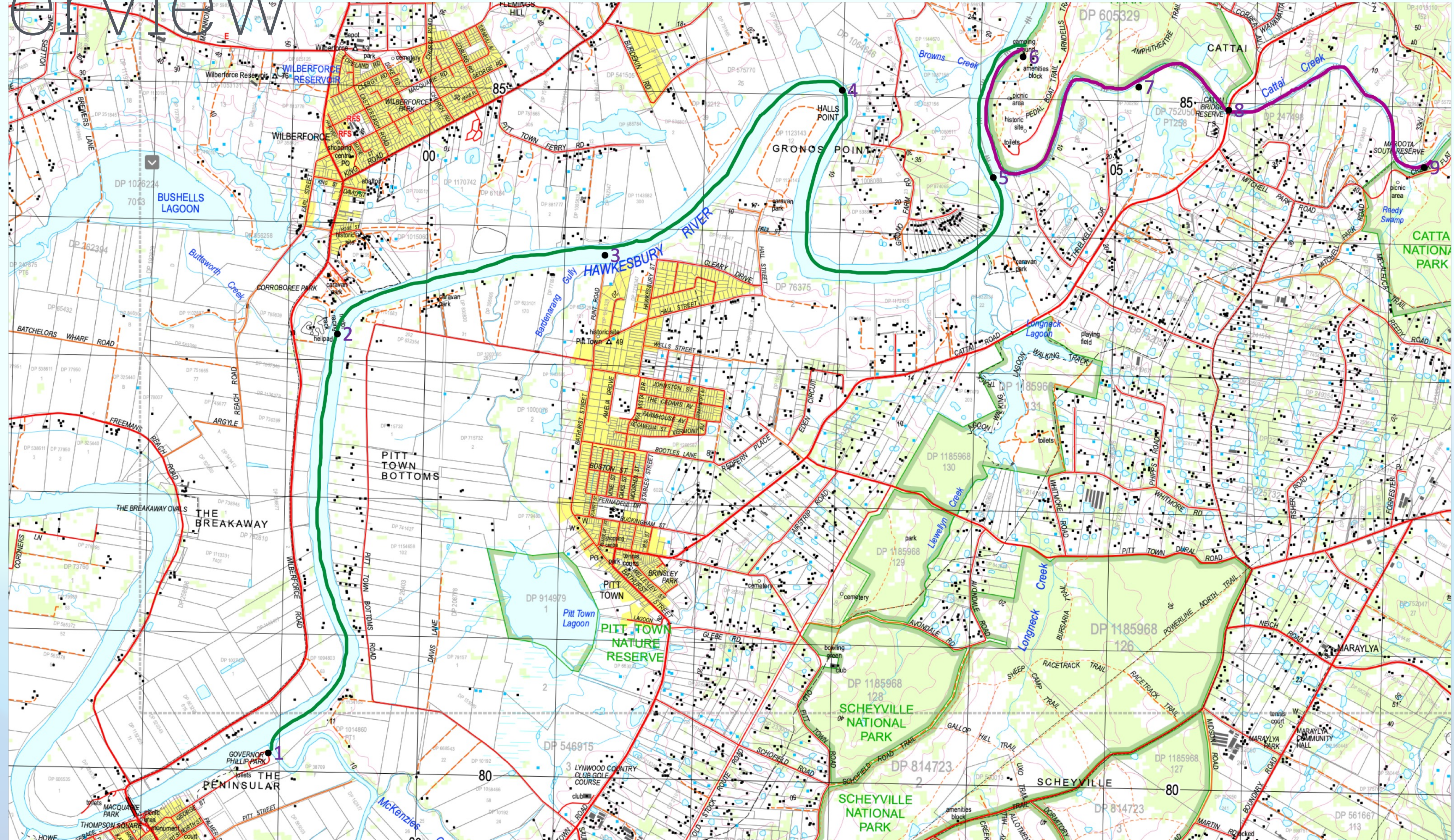
# Welcome everyone

Denith's Canoe Adventure Journey

Start recording



# Journey Overview





# Equipment

- PERSONAL HYGIENE

- Lightweight Towel

- Toilet paper



- Toothpaste and toothbrush

- Sun cream

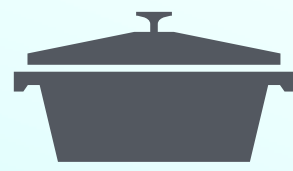


- Insect repellent

- Hand sanitiser

- COOKING GEAR

- Billy/pot with lid



- Gas stove and fuel

- Cooking/eating utensils

- Cup/bowl

- Match box/lighter (if needed)

- 3L of water



- lunch and morning snack for day 1

- SLEEPING GEAR

- 2/1 person lightweight hiking Tent

- Lightweight Sleeping Mat

- Lightweight Sleeping bag or lightweight blanket

- CLOTHING



- 2 x long sleeved shirt or short sleeved shirt

- 2 x Lightweight shorts or convertible pants

- 3 x Underwear

- Sailing/waterproof jacket



- Shoes for going around camp + socks

- water shoes

- Swimmers and goggles

- lightweight Hat



- OTHER

- Small waterproof Day pack Water bottle/bladder

- First Aid kit/Survival Kit

- Head torch



- extra batteries

- Sunglasses





# Meals

- **26<sup>th</sup> DAY 1**

- Morning snack: bring from home

- Lunch: bring from home

- Afternoon snack: Muesli bar and Juice box

- Dinner: sausage sandwiches

- **27<sup>th</sup> DAY 2**

- Breakfast: Bacon & Eggs with fried bread

- Morning snack: salami stick, biscuits and cheese cubes

- Lunch: salami wraps

- Afternoon snack: salami stick, biscuits and cheese cubes

- Dinner : Radix Ultra 800kcal- freeze dried meal

- **28<sup>th</sup> DAY 3**

- Breakfast: 2 minute noodles with boiled egg

- Morning snack: Beef jerky, dried mango, chips

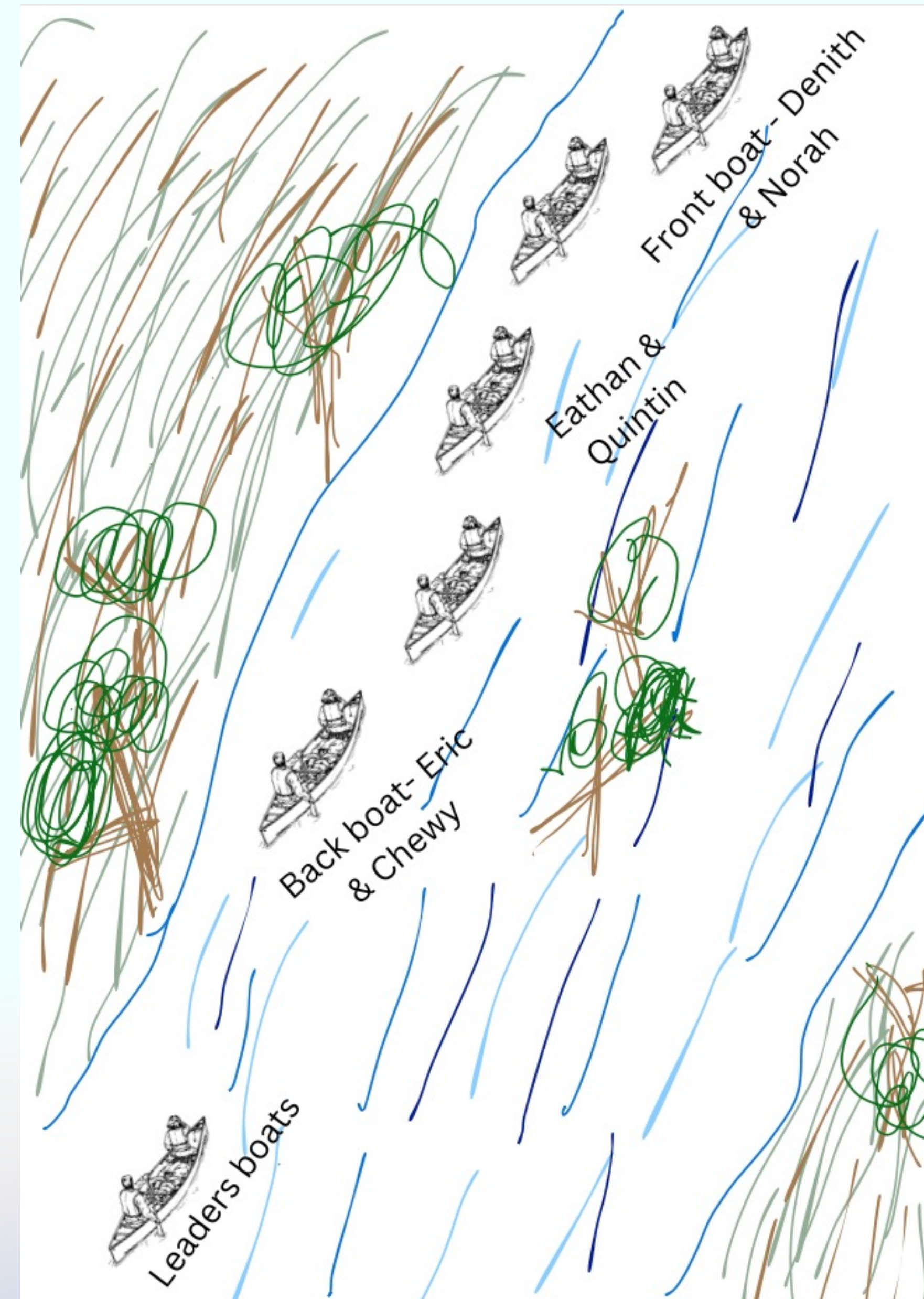
- Lunch: tuna wraps





# Transport

- Trailer Towing
- Canoe buddies
- Getting participants to location





# Expenses

Food	405
Fuel (Trailer Towing)	50
Ice/Gas Containers	20
Sub Total	475
Contingency (10%)	47.5
TOTAL	522.5
Per Person Cost	58.06

Scouts Australia  
Event Budget Template

Summary of budget			
<b>Cost per person</b>			<b>56.74</b>
Variable cost per person			49
Fixed cost per person			8
Total variable cost			441
Total fixed cost			77
<b>Total cost</b>			<b>517.66</b>

Inputs	
Number of attendees	9
Contingency %	10%

Variable costs				
	Cost unit	Cost per	No.	Total
<b>Variable costs - per person</b>				
Museli bars	18 pack	8.00	1.00	8
Juicebox	6 pack	5.10	2.00	10
Sausages	24 pack	12.00	1.00	12
White Bread	1 loaf	2.70	3.00	8
Onions	1kg	3.60	1.00	4
BBQ Sauce	1 bottle	1.95	1.00	2
Tomato Sauce	1 bottle	1.95	1.00	2
Bacon	1kg	3.60	1.00	4
Eggs	12 pack	5.60	2.00	11
Salami sticks	7 pack	5.50	4.00	22
Jatz biscuits	1 box	4.00	2.00	8
Cheese cubes	12 pack	6.50	2.00	13
Wraps	8 pack	5.00	3.00	15
Tuna tin	1tin	2.00	12.00	24
Salami slices	1ptk	7.00	1.00	7
Ham slices	1ptk	2.20	2.00	4
Carrot shredded	1ptk	2.20	1.00	2
Baby spinach leaves	1pkt	3.00	1.00	3
Cheese	1pkt	5.50	1.00	6
2 minute noodles	12 pack	10.00	1.00	10
Beef jerky	1pkt	4.00	12.00	48
Dried mango	1 pkt	8.00	2.00	16
Chips	20 pack	8.90	1.00	9
Radix Ultra 800kcal	12 pkt	17.00	9.00	153
<b>Sub-total variable cost</b>				<b>401</b>
Variable cost contingency				40
<b>Total variable cost per person</b>				<b>441</b>

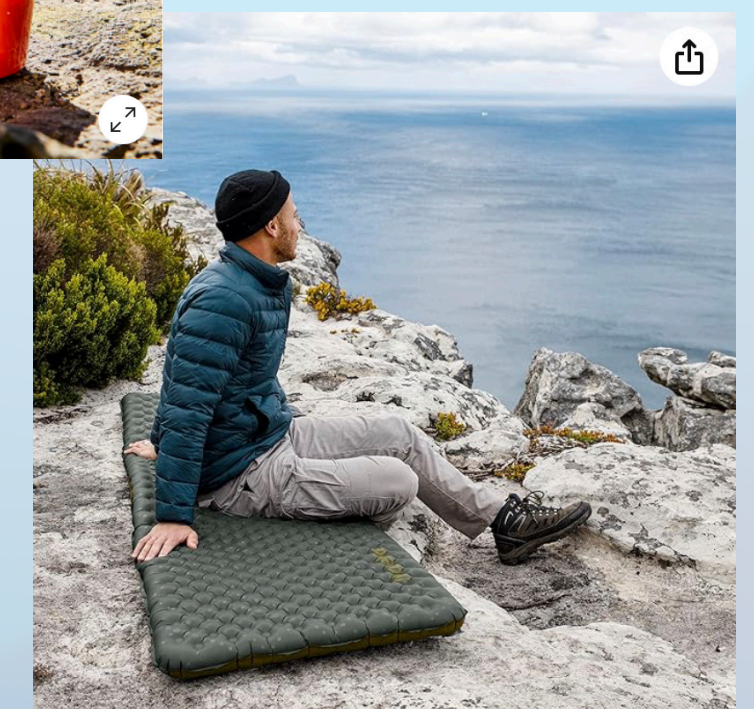
Fixed costs				
	Cost unit	Cost per	No.	Sub-total
<b>Fixed costs</b>				
Fuel	Litres	2.00	25.00	50
Gas canisters	1 bottle	5.00	2.00	10
Ice	1 pack	10.00	1.00	10
				-
				-
				-
				-
				-
				-
<b>Sub-total fixed costs</b>				<b>70</b>
Fixed cost contingency				7
<b>Total fixed costs</b>				<b>77</b>
Number of attendees				9
<b>Fixed cost per person</b>				<b>8</b>





# Purchase recommendations

- Good lightweight tent - [https://www.amazon.com.au/Naturehike-Ultralight-Backpacking-Green-210T-Polyester/dp/B09533HWCB/ref=sr\\_1\\_7?keywords=Naturehike+tent&qid=1704936060&sr=8-7&th=1](https://www.amazon.com.au/Naturehike-Ultralight-Backpacking-Green-210T-Polyester/dp/B09533HWCB/ref=sr_1_7?keywords=Naturehike+tent&qid=1704936060&sr=8-7&th=1)
- Good lightweight sleeping bag - <https://www temu.com/au/1pc-winter-warm-down-sleeping-bag-portable-lightweight-sleeping-bag-for-outdoor-camping-g-601099519129461.html>
- Good lightweight sleeping pad - [https://www.amazon.com.au/Naturehike-Ultralight-Thickness-Moistureproof-Backpacking/dp/B0CFKLVNVS?source=ps-sl-shoppingads-lpcontext&ref\\_=fplfs&psc=1&smid=A2SHHOCOPBLC84](https://www.amazon.com.au/Naturehike-Ultralight-Thickness-Moistureproof-Backpacking/dp/B0CFKLVNVS?source=ps-sl-shoppingads-lpcontext&ref_=fplfs&psc=1&smid=A2SHHOCOPBLC84)
- Good lightweight stove - <https://www.kmart.com.au/product/campmaster-ultralight-hiking-stove-ultra-jet-1-43235865/>



Thank

you

