



MEAL PLAN;

SCOUTS BURRALOW CREEK
BEGINNER OVERNIGHT HIKE - 2D1N
(18TH TO 19TH MARCH 2023)

SATURDAY

Snack

muesli bar or oatmeal and Drink packet (Freeze)

Lunch

Own food. (Sandwich)

Snack

Nut mix, Cheese stick and Salami stick

Dinner

Radix Ultra - Freeze-dried Meal (800cal)

SUNDAY

Breakfast

Noodle packet, boiled egg and dried mango

Snack

muesli bar or oatmeal

Lunch

Wraps with cold meats, Tuna can