

Splendour Rock Overnight Hike Menu

Day	Meal					
	Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner	Snacks
1		Muesli Bars Crackers	Sandwich Apple Chips	Dried Fruit	Dehydrated meal	Hot Chocolate Trail Mix
2	Cereal	Muesli Bar Crackers	Wraps with Salami Chips	Dried Fruit		