

<p>Fresh Foods With no refrigeration available, you must be careful about how long fresh food items will last. A pack is a remarkably good insulator and will. Keep properly packed food surprisingly cool but in hot weather or long walks, it will still deteriorate.</p>	<ul style="list-style-type: none"> • Vitawheat, Ryvitas, Salada, sesame wheat or other crackers • Pita bread or mountain bread • Cheese/ cheese spread • Salami, meltwurst, kabana, fritz • Fresh fruit and/or vegies: generally, for shorter trips only. • Choose items that are easy to carry, such as capsicum, cucumber, carrot, celery and snow peas • Dried fruit • Seeds • Cheese and crackers
<p>Long Life Foods There are many Prepared packet meals, either pasta, rice or noodle based, available at supermarkets. When cooked simply and quickly, they make a filling and mostly tasty dinner. Add to these any extras you like. E.g., Cheese, salami, tuna. Dehydrated (or Fresh) vegetables etc. Most people find they can eat a whole “four serve” packet themselves, after a good days walk. These are very convenient, quite tasty and require between 5 and 10 minutes to cook.</p>	<ul style="list-style-type: none"> • sachets of fish or chicken: • Powdered milk and sugar can be added to the cereal or muesli when packing, so you only need to add boiling water. • Toppings: margarine, jam, honey, vegemite or promite, Chutney/pickles, hummus, tahini. • Cup of soup • Rice, Pasta or noodles with sauce (uncooked ravioli works well) • Dehydrated vegetables • Dried meat, beef jerky, kabana, meltwurst • Small cans of sardines, mussels or oysters • Freeze dri Meals • Instant pudding (instant or shake and set) • Tea or Hot chocolate
<p>Snacks Vary from nut free muesli bars or fruit to your own special mixture of trail mix or “scroggin” scroggin (some Chocolate, raisins, dried fruit and seeds) is the name given to a mixture of very interesting nibbles, usually high in calories, energy and delicious. Snacks provide energy while walking and are often found to be a welcome relief during a rest stop. Every bushwalker has their own special recipe for “scroggin”, but here are a few suggestions:</p>	<ul style="list-style-type: none"> • Dried fruit (raisins, Sultanas, currants, apples, apricots, and peaches). • Fresh fruit (bulky and heavy but worth it) • Vegetables (carrot and celery sticks, snow peas) • Fruit leather • Health food bars • Rice crackers, biscuits • Chocolate (sugar coated chocolate like smarties and M&Ms don’t melt in hot conditions). • Jelly sweets such as jelly babies, jellybeans, snakes, raspberries etc. • Biltong/ Jerky
<p>Flavour additions</p>	<ul style="list-style-type: none"> • Dried herbs, dried chillies, spices and parmesan cheese can liven up a meal. • Dried garlic flakes taste almost as good as fresh but won’t make your pack smell. • Salt and pepper
<p>Hot drinks Think about how much you will need – don’t just take a full container.</p>	<ul style="list-style-type: none"> • Powdered milk • Hot chocolate • Tea • Malt powder