



Important Information

- **Stoves.** Somerset supplies methylated fuel stoves (with fuel & matches) for use at breakfast & dinner; no cooked lunches please. The stoves are suitable for 3-4 people to share and come with two pots and a pan. Cooking groups will be finalised at camp.
- **Knives, Cleaning Products etc.** Each group will be provided with a kit for general use. The kit contains knives, chopping board, washing-up liquid and sponges, etc
- **Mess Kit.** You need to bring a mess-kit (cutlery, plate/bowl, mug) to eat your meals. Bring only the bare minimum and choose meals that support this.
- **Water.** You are required to have the capacity to carry 3 litres of water, in a minimum of 2 bottles or water bladders (in case one breaks you have a spare). Bottles/water bladders can be filled at Camp. Water purification tablets are not required.
- **Emergency Rations.** An emergency meal is required in case of unexpected delays. Emergency food should be high in energy and not require cooking. (eg. muesli bars & small tin spaghetti/baked beans).
- **! Nut Free Camp ! Somerset is a 'nut-aware' Camp.** Do not bring any nuts or peanuts or nut/peanut products to camp, including almond milk. The 'may contain traces of nuts/peanuts' warning on foods is ok.

Key Things to Consider

When choosing your expedition food and menu, meals should:

1. Be **light-weight**
2. Be **nutritious**
3. Be **non-perishable** (shelf stable)
4. Have all **excess packaging removed**
5. Ideally **require very little time & equipment to prepare**
6. **Not squash, spoil or break** inside your rucksack
7. Be **food you like** and will **fill you up**
8. Not contain nuts or peanuts

We recommend packing food into zip-lock bags (reusable) and dividing into days and/or meal portions.

Meal Requirements

Bronze Combo 3 days / 2 nights

Please Bring

1x Breakfast. 3x Lunches. 1x Dinner. Sufficient snacks and small emergency meal.

Somerset Provides

Day 1: Dinner-Dessert-Supper and **Day 2:** Breakfast.

Bronze Combo 2 days / 1 night

Please Bring

1x Breakfast. 2x Lunches. 1x Dinner. Sufficient snacks and small emergency meal.

Silver Combo 4 days / 3 nights

Please Bring

2x Breakfasts - 4x Lunches - 2x Dinners - sufficient snacks and small emergency meal.

Somerset Provides

Day 1: Dinner-Dessert-Supper and **Day 2:** Breakfast.

Silver Qualifying 3 days / 2 nights

Please Bring

2x Breakfasts. 3x Lunches. 2x Dinners. Sufficient snacks and a small emergency meal.

Gold Combo 6 days / 5 nights

Please Bring

4x Breakfasts. 6x Lunches. 4x Dinners. Sufficient snacks and a small emergency meal.

Somerset Provides

Day 2: Dinner-Dessert-Supper and **Day 3:** Breakfast.

Gold Practice 2 days / 1 night

Please Bring

1x Breakfast. 2x Lunches. 1x Dinner. Sufficient snacks and a small emergency meal.

Gold Qualifying 4 days / 3 nights

Please Bring

3x Breakfasts. 4x Lunches. 3x Dinners. Sufficient snacks and a small emergency meal.

Meal Suggestions

Breakfast Ideas

- **Cereal:** Weet-Bix and muesli varieties are light-weight, but also filling and full of energy.
- **Porridge:** Warm and comforting, low GI.
- **Milk:** Long-life in small single use cartons, or powdered milk that can be portioned into zip-lock bags.
- **Muffins or Breakfast Bars:** Quick and easy.
- **Fruit:** Fresh, dried or fruit-cups – Be careful of fresh fruits that squash easily like bananas.
- **Hot Chocolate or Black/Fruit Tea or Coffee.**

Lunch Ideas

Start with **bases**, such as...

- **Flat breads:** Mountain bread, tortilla wraps, and Lebanese bread are suitable.
- **Crackers:** Vita-wheats and Cruskits – but be careful they don't get too squashed.

Then consider **fillings**, such as...

- **Shelf Stable / Long-life Cheese:** Comes in the form of sticks or wedges.
- **Tuna/Salmon/Chicken:** Tins or sachets – consider a variety with minimal liquid.
- **Vegetables:** Tomato and cucumber are popular options.
- **Shelf Stable / Long-life Meats:** Salami and Beef Jerky.
- **Chickpeas/Beans/etc:** Tins or Sachets – flavoured, with added veggies, etc.
- **Spreads:** Vegemite, Honey (Somerset is a **nut-aware** camp, do **not** pack Peanut Butter or Nutella, etc).

Dinner Ideas

- **Rice, Noodles or Pasta:** Are a good base with a few extra ingredients, such as:
 - Carrots, onion and celery.
 - Some protein - tuna/salmon/chicken/lentils/beans – available in tins and sachets.
 - Freeze-dried mince or chicken.
 - Stir-fry sauce (a small pouch, tub or sachet).
- **Supermarket Heat-n-Go Meals:** eg. Meat/tuna and rice ready-meals, soup pouches. Some meals need microwaving, however boiling in the bag or heating contents over a stove is suitable. Be mindful of the weight ... some are quite heavy, and remove any extra packaging before packing.
- **Freeze-Dried Meals:** Lightweight and easy, just add boiling water. Good as your emergency meal too.

Desert Ideas

- **Damper:** Flour and water for the dough. Cook on a stick over the campfire embers.
- **Fruit Cups or Fruit Purees:** sweet and fibre.
- **Chocolate / Carob Bars:** Yum! (must be nut-free).
- **Marshmallows:** Toasted, the best!
- **S'mores:** Biscuits, chocolate, melted marshmallow sandwiches – with the help of a camp fire.
- **Hot Chocolate or Black/Fruit Tea or Coffee:** Great for winter!

Snack Ideas

- **Muesli or Snack Bars:** look for oaty, filling varieties with not too much sugar (must be nut-free).
- **Trail-mix:** Include dried fruit, seeds, choc chips, soy crisps, jelly lollies (must be nut free).
- **Fresh or Dried Fruit:** Fresh apples & oranges. Dried apples, apricots, mango, sultanas, banana chips.
- **Fresh Vegetables:** Carrots and snow peas – great to munch on while you walk.
- **Beef Jerky, Biltong or Salami.**
- **Chocolate:** Careful of melting during the day.
- **Lollies:** Don't overdo it but a little treat can lift spirits, great for sharing too!
- **Powdered Cordials:** Tang, Vita-fresh, Powerade – good for hot summer day and longer expeditions.
- **Pretzels/Soy Crisps:** A bit of salt is good – especially for tired muscles after a day of hiking/paddling.