|  |
| --- |
| **\*Sea kayak expedition simple sample menu - 5 day** |
| **Day** | **Breakfast** | **Lunch** | **Dinner** |
| Day 1 | Breakfast at Glenmore Lodge | Pitta Bread/wraps/oatcakesCheddar Cheese or Squeezy PrimulaChorizoAppleCarrotSqueezy honey | Cup a soupPacket Fresh pasta and tub stir-in sauce – Usually does 2 meals.Jamaica Ginger Cake and instant custard powder |
| Day 2 | Boiled eggMuesli mixed with chocolate/milk powder (or fresh milk) | Pitta Bread/wraps/oatcakesCheddar Cheese or Squeezy PrimulaChorizoAppleCarrotSqueezy honey | Cup a soupFresh pasta and stir-in sauceCake and custard |
| Day 3 | Boiled eggMuesli mixed with chocolate/milk powder (or fresh milk) | Pitta Bread/wraps/oatcakesCheddar Cheese or Squeezy PrimulaChorizoAppleCarrotSqueezy honey | Cup a soupUncle Ben’s easy flavoured rice / cous cous – 1 or 2 packets.Cake and custard |
| Day 4 | Boiled eggMuesli mixed with chocolate/milk powder (or fresh milk) | Pitta Bread/wraps/oatcakesCheddar Cheese or Squeezy PrimulaChorizoAppleCarrotSqueezy honey | Cup a soupUncle Ben’s easy flavoured rice / cous cous – 1 or 2 packets.Cake and custard |
| Day 5 | Boiled eggMuesli mixed with chocolate/milk powder (or fresh milk) | Pitta Bread/wraps/oatcakesCheddar Cheese or Squeezy PrimulaChorizoAppleCarrotSqueezy honey |  |
| **Summary totals with weight and numbers suggestions** |
| Totals | 6 eggs1 packet muesli 1kg 4 sachets chocolate powder | x3 boxes/packs of oatcakes, x2 packs pitta breads or x1 or 2 packs wraps x1 large cheddar cheese block or x2 primulax1 chorizox5 applesx5 carrotsx1 small honey (also good drink sugar substitute) | X1 Box of 4 cup-a-soupsX1 fresh pasta 300g and x1 stir in sauce 350gX2 flavoured rice 250g eachX2 flavoured cous cous 100g eachX2 instant custard powderX1 or 2 Cakes – e.g. Jamaica Ginger Cake |
| Extras totals | **\*\*Drinks**Herbal tea bags x5Tea bags x10Hot chocolate x4Filter Coffee - measured out for x10 drinks worth.Milk powderOptional – fresh milk x2 1pint cartons | **Snacks**Nuts x2 200g bagsMars x10 / snickers x10 / muesli bars x10Wine gums x1 packLarge Chocolate bar(s) | **Other stuff**Large Zip lock freezer bags (for cheese, loo roll, wash liquid/pad etc)Loo rollSmall 15ml washing up liquid and cleaning padSmall rubbish bagsLighterHand gel |
| **Water****Fresh water will be carried and resupplied form various clean sources found on the expedition.** |

\*Note this is a suggested menu plan from one of our instructors and reflects their preferences and what they have found works well for Scottish expedition conditions and daily energy requirements.

\*\*Drinks – remember this is a personal plan and your requirements may differ slightly.

All main meal items could be dehydrated menu checkout here for ideas: <https://www.basecampfood.com>

Dehydrated food is more expensive but if saving weight is your motivation, they are great.

You could always prepare some foods at home before hand – flapjack for example would be a great substitute to shop- bought muesli bars.