

## 2<sup>nd</sup> WOODEND BLACK FOREST SCOUT TROOP

### HIKING GEAR LIST

***Less is More!*** The aim is to have all gear, including food, as lightweight as possible. Pack in a Rucksack, lined with a garbage bag for extra water proofing. No pack should weigh more than 10kg - senior hikers no more than 18kg.

#### Eating

Chux as tea towel  
Half a scouring pad – in ziplock  
Small bottle of detergent  
Cup, Bowl (or deep plate), KFS  
Small Aluminium Billy (600ml or 1 litre)

#### Toiletries (in small wetpack)

Motel size soap or tube of body wash  
Comb  
Facewasher  
Small Toothbrush  
Small size Toothpaste  
Small towel (travel towel)  
Wet ones - optional but handy  
Toilet paper (small roll) in ziplock bag

#### Sleeping

Sleeping bag - wrap in a garbage bag  
Bed mat - also wrap in a plastic bag  
Use jumper as a pillow

#### General

Pocket Knife  
Torch & Spare Batteries  
Matches in ziplock bag  
Two spare plastic bags for rubbish, dirty or wet clothes, etc.  
TWO 600ml or larger Water Bottles

#### First Aid

Insect repellent

Sunscreen

Personal 1<sup>st</sup> Aid Kit  
Medication, if any

#### Canoeing/Swimming

Bathers/Swimmers  
Rash Vest or long-sleeve T-Shirt  
Reef Shoes or old Sandshoes

#### Clothes – No good clothes

##### Wear:

Shirt with collar

Poly/cotton trousers – no jeans (ones with zip-off legs are good as they can be long or short depending on the weather)

Socks - thick

Runners or Hike boots with laces

##### Carry:

Rain coat – Light weight – with hood

Socks – spare thick pair per day

Spare pair undies per day

Spare shirt with collar (e.g. camp shirt)

Track pants for night - no zippers

Woolen Jumper

Hat

Warm beanie in cold weather

Thermal vest (long johns optional)

#### Supplied by Scout Troop

Hike stove, Fuel

Tent – 2 person tent

Compass & Maps

*Why no jeans? Because when they get wet they take a long time to dry out, are heavy and chafe against the skin. In cold weather, they don't offer warmth and when wet can contribute to hypothermia.*

Definitely no... Lollies, softdrink, iPods, Mobile Phones, bubble/chewing gum or Jeans...

Any queries please consult a Leader.

## Food

Type of Food	Examples	Pros	Cons
Fresh Foods	Fruit, Sandwiches, Sausages, Eggs, UHT Milk, Cheese	Cheap, Nutritional, Filling	Bulky, don't last more than a day or so, can get messy
Tinned Foods	Baked Beans, Tinned Meats, Fish	Cheap, Convenient, Wide variety. Can be eaten straight from tin.	Heavy! Need to carry empty tins out.
Dried Foods	Rice, Noodles, Dried Fruit, Soups, Condensed or Powdered Milk, Milo, Dried meats (e.g. Biltong), Cereals (Weetbix, Muesli, etc)	Cheap, Convenient, Light, Nutritional	Needs imagination not to get boring! Need access to water and time to cook.
Dehydrated Foods	Freeze-dried complete meals available at specialist camping shops	Light, good variety, tasty and Nutritional	Expensive. Need access to water and time to cook.

Think of the food pyramid – you will need some protein (meat, fish, cheese, eggs), lots of carbohydrates (rice, pasta, flat breads), and fruit (fresh and dried fruit).

Think also of the nutritional value – 2-minute noodles will not provide you with what your body needs – rice or pasta are much better.

While you will need to take dried or dehydrated foods on longer hikes, fresh foods are fine for the first day or two – take sandwiches and fresh fruit for lunch and even a pre-cooked pasta or curry dish that you can re-heat for dinner on the first night.

Small tins (i.e. 95-100gm) with shredded chicken, tuna, etc are great to take and add to rice or pasta for dinner. Just remember that they are heavy if you take too many!

Water - at least 1 litre of water - 2 x 600ml Coke Bottles will do.

Packing - break your food down and put into watertight small plastic bottles or containers. For example, measure out your breakfast muesli into an individual serve, add a teaspoon or two of powdered milk and put into a ziplock bag. Then for breakfast all you have to do is put it in your bowl and add water! Pack some food into your billy.

Snacks – you will need at least two snacks per day for that energy boost. Traditionally you can make and take “Scroggin” – a mix of dried fruit & nuts, chocolate & jelly lollies (total less 500g). Alternatively good quality muesli bars are fine, or dried fruit (sultanas or apricots), crispbreads and cheese.

Drinks - powdered milk and/or a tube of condensed milk. On short hikes a very small carton of UHT milk is fine for cereal. Tang or other powdered cordials are good. For a hot drink – Milo, Chocolate, Cocoa.

Cereals – Weetbix, Porridge, Nutrigrain, Muesli have the best nutritional value. Leave the cornflakes, froot loops and coco pops at home!

**REMEMBER – EVERYTHING YOU CARRY IN, YOU WILL NEED TO CARRY OUT – EITHER IN YOUR TUMMY OR ON YOUR BACK!**

## SAMPLE WEEKEND HIKE MENU & SHOPPING LIST

Meal	Menu	Notes
Friday Supper	Milo or Hot Chocolate – 2 tspns Sweet Biscuits or Slice of Cake	Milo or Hot Chocolate in container Biscuits/Cake in Gladwrap
Saturday Breakfast	Muesli Powdered Milk – 3 tspns Tea, Hot Chocolate, Milo	Mix Muesli and powdered milk together in Ziplock Bag Tea Bag & Condensed Milk
Saturday Snack	Muesli Bar Banana/Apple/Mandarin Cordial	Tang Powdered Cordial – 1 tspn
Saturday Lunch	Sandwiches Banana/Apple/Mandarin Tea, Hot Chocolate, Milo	Bring sandwiches & Fruit Tea Bag & Condensed Milk
Saturday Snack	Muesli Bar Chocolate Banana/Apple/Mandarin Cordial	Tang Powdered Cordial – 1 tspn
Saturday Dinner	2 x Sausages (pre-cooked) Pasta Mix Dessert: ½ cup Rice, Sultanas & Condensed Milk Tea, Hot Chocolate, Milo	Packet Pasta Mix ½ Cup Rice Tube of Condensed Milk Small Packet Sultanas Tea Bag & Condensed Milk
Saturday Supper	Milo or Hot Chocolate – 2 tspns Sweet Biscuits or Slice of Cake	Milo or Hot Chocolate in container Biscuits/Cake in Gladwrap
Sunday Breakfast	Muesli (or Instant Porridge) Powdered Milk – 3 tspns Tea, Hot Chocolate, Milo	Mix Muesli and powdered milk together in Ziplock Bag Tea Bag & Condensed Milk
Sunday Snack	Muesli Bar Chocolate Dried Fruit – small packet Cordial	Tang Powdered Cordial – 1 tspn
Sunday Lunch	Hard-boiled Egg Cheese 1 x Flat Bread or 6 x Vita-Weets Tea, Hot Chocolate, Milo	Tea Bag & Condensed Milk

### **SHOPPING LIST FOR A WEEKEND HIKE (for the Menu above)**

- ☐ 2 tbsps Milo or Hot Chocolate (or 2 sachets)
- ☐ 2 x Slices of cake OR 6 sweet biscuits in Gladwrap
- ☐ 2 x Ziplock Bags of Muesli (or Instant Porridge) with mixed with 3 tspns powdered milk
- ☐ Tube of Condensed Milk
- ☐ 8 Tea-bags or 8 tbsps/sachets of Hot chocolate or Milo in a zip-lock bag or plastic container
- ☐ 8 tspns Tang powder in plastic screw-top container
- ☐ 4 x Muesli Bars
- ☐ 2 x small chocolate bars
- ☐ 2 x small packets sultanas (or dried fruit)
- ☐ 1 x Hard-boiled Egg
- ☐ 2-3 Slices Cheese
- ☐ Packet of Pasta mix
- ☐ 2 x Sausages (pre-cooked) OR tinned meat OR salami, etc
- ☐ 1 x Flat Bread or 6 x Vita-weet (or similar)
- ☐ ½ Cup Rice
- ☐ Sandwiches for lunch
- ☐ 3 pieces of fruit (Apple, Banana, Mandarin)