

Breakfast

- Cereals (rolled oats, Weetbix, muesli, etc)
- Yogurt and fruit packs
- Drinks - fruit juice, Milo etc (drink at least 500ml of fluid to prepare for the day)

Morning Tea

- Fruit, nibbles, cake, assorted pastries
- High energy snacks (Picnics, Mars bars, honey logs, apricot bars, etc)
- Drinks - Water, Sports drink

Lunch

- Cup-a-Soup
- Cheese, salads, sprouts, tomatoes
- bread, cracker biscuits, pita bread (thin, flat and round)
- Fruit (apple, orange - something that won't spoil in your pack - like bananas)
- Drinks- Water, Fruit juice

Afternoon Tea

- Fruit, nibbles, barley sugar, sweets
- High energy snacks (Picnics, Mars bars, honey logs, apricot bars, etc)
- Drinks - Water, Sports drink

Dinner

- Dehydrated dinners, noodles etc
- Cheese slices on cracker biscuits
- Cup-a-Soup
- Mashed potato, pasta, rice, spaghetti, sauces
- Vegetables (dehydrated peas, beans, carrots, onion,)

Dessert

- Fruit (dehydrated apples, peaches, ...) and custard
- Dumplings and caramel sauce
- Pancakes with honey or jam (also great for breakfast)

Miscellaneous Checklist

Milk powder, condensed milk, yogurt

Sugar, Salt, pepper

Herbs, spices, sauces, dips, spread, cheese

Honey, jam, peanut butter, marmite

Bread, crisp breads, pita bread, rice cakes

Biscuits, cake, fruit slices

Nuts, chocolate, jelly beans, sultanas, dates, dried apricots

Sprouts, capsicum, garlic, onion, tomatoes

Custard powder, pancake mix, dumpling mix

Pre-cooked + frozen stews

Dehydrated fruit, vegetables