



Recommended Food

Saturday Lunch

Pre made packed lunch

Saturday Evening main meal

Vacum packed pre cooked food is ideal. This is ideally food that can be re heated in the packet or boiling water added. These packet meals can be purchased at any good outdoor retailer. These packet foods are easy to pack and use little space.

Please avoid pot noodle type ready meals.

Sunday Breakfast

Muesli, cereal bars or a porridge type meal that can be cooked in the packet.

Sunday Lunch

Pre prepared packed lunch

Drinks

Hot Chocolate, tea bags, sachets of sugar, suggest powdered milk,

Extras

Chocolate bars, snack bars and trail mixes for snacking during the day and evening.

Important Note

Apart from the x2 pre made packed lunches for each day, all other items need to be purchased prior to the Friday training day. This is in order to ensure that the participants have appropriate supplies and this can then be pre packed at the school.

At Bronze level we are trying to avoid the participants cooking meals in open pots as this creates issues with cleaning and hygiene.