



## MEAL PLANNING

Being outdoors on a tagalong tour does not mean that you cannot prepare some exciting and enjoyable meals. Like a lot of things heading off on a trip, meal planning is something that needs a lot of thought. There are a lot of different ideas for meals and how to prepare and carry them. To prepare a menu plan for every day is a good start, this will allow you to plan some variety into your menu. On a longer trip there may be sometimes when meal prep time is compromised by weather or time being flexible with your menu is also an advantage.

Consider what cooking equipment is required, a fire is not always possible. Early starts are best suited to a simple breakfast and two-night stops suit a full cooked breakfast. Lunches are best kept simple, flat breads, sliced meats portioned, tinned fish etc.

Consider longevity of food items, to store and use them efficiently and to minimise the space taken when packing. An example is to make up meal prep packs for a meal, this will save taking whole packets of ingredients for the sake of using a tablespoon or so. Use long life milk and place in fridge as required. Even precook some meals freeze and store in cryovac bags, these only require to be heated and eaten. Some research and talking to others can unearth some great meal solutions, maybe even come up with a great idea yourself to share.

### **Emergency / Back up Food**

Back up food is not your usual meal planned food, there is nothing wrong with it, however it is extra food for unplanned eventualities. It maybe that something has gone wrong with your fresh food storage, a breakdown has kept you out longer than planned for, maybe another member of your group requires some extra food. It is good to have packed, ideally in a sealed box, rations for an extra 3-5 days.