Food Arrangements – Port Davey Expedition

Other than snacks on the walk and the notes regarding Day 1 all meals/food will be supplied by the School and by Windeward Bound.

Cooking groups will be the same as each 3-person tent group except for one cooking group of 4 which includes 2 x 2 person tent groups.

Day 1

Group 1 (walk first then sailing) NEED TO BRING lunch/morning tea for Day 1. They may also bring a couple of pieces of fresh fruit for the first couple of days (e.g. apples or oranges). An early lunch will be eaten most likely prior to walking.

Group 2 do not need to bring lunch for Day 1 and can take fresh fruit form Windeward Bound for first 2 days if they wish.

Breakfasts

Students will be supplied with 7 Strive Foods pre-packaged breakfasts of porridge and muesli (1 of these is a spare for the walk in case delayed during the walk)

Lunch

Students will be supplied with wraps and vitawheat biscuits for lunch plus cheese, salami, tuna sachets, vegemite, and nuttella. A cucumber, avocado paste tube and tub of grape tomatoes will also be available for each cooking group to carry for the first couple of days.

Evening Meals

7 Strive Food meals and 3 desserts (these can be shared amongst cooking group) will be supplied.

A cup of soup and hot chocolate sachet will also be supplied plus a sachet of Fizz electrolyte powder.

Snacks – to be supplied by students

Students may bring the following:

- Maximum of 14 muesli/energy bars (not chocolate coated) allowing for up to 2 per day
- Maximum of 750g scroggin(mainly dried fruit/nuts) with no more than 50% containing confectionary (we suggest you make up 6 daily packs in zip-lock bags)
- Maximum of 1 x 200g chocolate block
- Maximum of 7 MINI Milky Way or Mars Bar style bars
- Maximum of 7 Le Snack biscuit/cheese packs if desired

Nuts of any kind are allowed so long as they are NOT COATED (e.g. Nobby’s Nuts)!

Students with any dietary considerations that have not been discussed with staff already need to do so ASAP!