



GIRL GUIDES  
AUSTRALIA

# LIGHTWEIGHT CAMPING AND HIKING

*Extract: Food and Water*

**A RESOURCE KIT FOR GUIDES AND LEADERS**

# Food and Shopping

Food is the main energy source for exercise and maintaining body temperature, therefore it's important to eat wisely. On camps and hikes, food can also contribute significantly to the morale of the group by providing a pleasant social end to a hard day. Remember that you are likely to expend more energy whilst hiking and camping than during a normal day. This must be reflected in your food choices.

It is advisable to work in small groups of two or three to organise and cook your food. Working in small groups allows you to tailor a menu to your liking, share carrying food and cooking equipment between a few people and cook together.

Food on hikes does not need to be boring and tasteless. Your imagination is the limit. You must carefully consider each item you take however. Some important things to remember when choosing and shopping for food for lightweight camping or hiking are:

- Weight
- Volume
- Cost
- How well it travels
- Water requirements
- Nutritional Value
- Packaging
- Longevity



It is important that you take some spare food just in case of an emergency. It is a good idea to have enough food to last another 24 hours. As it is unlikely that you will use this food, it doesn't have to be too exciting, just as light and small as possible.



Lots of people take Scroggin hiking. You can make Scroggin with whatever takes your fancy, all sorts of dried fruits, lollies, nuts, grains, oats and chocolate. It is best kept in a zip lock bag.



Soup is a great entree or snack and is quick and easy to make. Use either a packet of soup mixture or a stock cube.

## ACTIVITY 1 SUPERMARKET CHALLENGE

**Time:** 45-60 minutes

**Equipment:** Pen, Paper and Calculator

**Preparation:** None

This is a supermarket challenge. In pairs, you need to gather the ingredients to cater for two people for a two day, one night hike (2 x lunch, dinner, breakfast and snacks). You have \$30 to spend. You are not allowed to exceed 3kg in total food weight. Remember to return all items you don't keep to appropriate shelves.

## ACTIVITY 2 MILK TASTE TEST

**Time:** 10 minutes

**Equipment:** Cups, Spoons and Water

**Preparation:** Purchase various milks

Make up various milk powders by following the instructions on the back of the packets. Try them and various types of long life milk without seeing which is which. This is the best way to find out which brand of milk you like the best.

## ACTIVITY 4 DEHYDRATION

**Time:** 30 minutes to setup. Hours to hydrate

**Equipment:** Dehydrator, Chopping Board, Knives

**Preparation:** Purchase food

Dehydrate some fruit or vegetables. Instruction for dehydrating times come with the machine or can be found on the internet.

## ACTIVITY 3 FOOD PACKAGING CHOICES

**Time:** 30-40 minutes

**Equipment:** Scales, Pen and Paper

**Preparation:** Purchase various items

Compare the following items on their weight, volume and nutritional value. Take a guess at which is lighter and check using scales. What is the difference between the items without the packaging? Which would you take?

- Long life milk vs. Milk powder and required water for same volume of milk
- Tuna Sachets vs. Can of tuna
- Self-packaged box of cereal vs. Zip lock bag of decanted cereal
- Tin of fruit vs. Plastic tub of fruit vs. Dried fruit vs. Fresh fruit
- Tea / Coffee / Hot chocolate / sugar sachets vs. In a jar vs. Decanted into zip lock bag
- Instant pudding vs. Weight Watchers powdered pudding

## ACTIVITY 5 FOOD DISCUSSION TOPICS

**Time:** 15 minutes

**Equipment:** Pen and Paper

**Preparation:** None

As a small group or a Unit, decide whether the following statements are true or false and provide some reasons why.

- It is better to pack less food so that your pack is light
- It is ok to eat chocolate at every meal.
- It is not possible to take meat hiking.
- Wraps or flat bread and nutella are a good lunch because it is low GI and is a good source of energy and carbohydrates.
- Powdered milk is an ok substitute for fresh milk.
- It is better to eat a regular muesli bar than a natural nut bar when hiking because it has more sugar.
- It is ok to substitute dry fruit for fresh fruit.
- Surprise peas can fix most meals.
- Easy Mac is a good, quick and easy meal for my Patrol's dinner.
- Eating tins of baked beans whilst hiking for most meals is a good idea.
- It is not necessary to take a Trangia hiking.
- You have to eat meat at every meal to get sufficient protein.
- Eating an apple and an Up & Go for breakfast is sufficient.

# Menu Planning

Here are some suggestions for what you can eat lightweight hiking. Remember, you will get hungry with the physical activity you undertake.

## Breakfast

Muesli or cereal with milk powder, corn thins / rice cakes, fruit, Up & Go.

## Lunches

Flat breads, salads or corn thins with tuna / salmon in a pouch, salami, carrot, cucumber, tomato, avocado, spinach leaves.

## Dinner

Rice, pasta, noodles, cous cous with a sauce in a pouch. Add snow peas, dehydrated peas and corn, capsicum, onion, carrot, squash. Dehydrated food pouches from camping and outdoor stores

## Dessert

Custard made out of powder or out of a sachet, chocolate, fruit.

## ACTIVITY 1 DREAM UP A MENU

**Time:** 15 minutes

**Equipment:** Paper and Calculator

**Preparation:** None

Before reading about Food, Shopping and Menu Planning, plan a menu for a hike of 3 days and 2 nights. You have a Trangia.

## ACTIVITY 2 MENU REVISION

**Time:** 15 minutes

**Equipment:** Pen and Paper

**Preparation:** None

Having read the information provided on **Food, Shopping and Menu Planning**, replan your menu. Make whatever changes you feel necessary. Have a discussion with your peers about what you have learnt.

## ACTIVITY 3 NUTRITION EVALUATION

**Time:** 15 minutes

**Equipment:** Pen and Paper

**Preparation:** None

Using your revised menu, think about the nutritional value of your meals. Have you covered sufficiently all the major food groups, taking into account the extra needs for your activities.



# Water

As a general rule, an active person should drink approximately 2 litres of water a day. However, this can rise to 3 or 4 litres of water during hot weather. Our thirst is not the best indicator of the amount of water to drink, because when you are thirsty you are generally beginning to become dehydrated. Therefore, it is suggested that you make sure you drink slightly more water than you think you need especially in very hot and very cold weather. Make an effort to continually drink all day especially when hiking for a number of hours a day.

It is important that you establish before you leave whether there is water available to you at camp sites and whilst you are walking. While maps do give you an indication of whether camp sites have water access, these can be out of date or incorrect. You do not want to turn up at your campsite relying on the tap you saw on your map to find it broken and unusable. Therefore you must make every effort to confirm information about the availability of water through contacting authorities who maintain National or State Parks or by asking those who know the area well.

If you are unsure or know that you do not have access to fresh drinking water, you will need to prepare yourselves to carry or purify water. Wine casks, water bladders and camel backs are ideal for carrying water. PET bottles can also be used but are bulkier, easily broken if dropped and aren't so easy to store compressed if empty. Ideally water containers should be see through to enable hikers to see how much water has been drunk. It is a good idea to estimate how much water you need per day per person when carrying your water to ensure you have enough. You need to cater for drinking water, water to cook with and any water used in cleaning, plus some spare. It's a good idea not to take too much food that required re-hydrating if you have to carry in your own water.

Running water that is not downstream from human habitation or grazing is generally safe to drink. Do not consume water that is from a stagnant water source. More and more, water is unsafe to drink due to animal and human pollution and therefore requires treatment.



If in doubt you can boil the water you plan to consume for at least 5 minutes. If concerned about bacterial contamination of the water, iodine tablets can be added or you can use a charcoal filter.

These do make the water taste a little unpleasant. Compact water purifier kits are commercially available which filter both bacterial and amoebic pollutants.

A good website to visit for further information about water for lightweight camping is: [www.bushwalkingvictoria.org.au/walksafe-introduction/intro.html](http://www.bushwalkingvictoria.org.au/walksafe-introduction/intro.html).

## ACTIVITY 1 BOILING WATER TEST

**Time:** 15 minutes

**Equipment:** Stove to boil water, water, cups and spoons

**Preparation:** Purchase water cleaning items

Try different ways of sterilising water. Taste them and see which way you prefer.

## ACTIVITY 2 WATER WISE

**Time:** 15-20 minutes

**Equipment:** Pen, Paper and Calculator

**Preparation:** Normal days water consumption

Estimate how much water you use on a normal day. How much water will you need whilst camping or hiking? Work out ways to reduce your water requirements whilst camping or hiking. What would you do if your campsite has no running water?

## ACTIVITY 3 THINK TWICE

**Time:** 5 minutes

**Equipment:** None

**Preparation:** Pre-packaged meals

Have a look at some pre-packaged meals and see their water requirements. How much water would this leave you for other food, cleaning and drinking?