

Food for Camps – A Guide for Parents & Pupils

"To lead is to serve, to help others is to win." – Robin Sharma

Planning meals for a **3-day hiking/backpacking camp** requires thought and preparation. Your food should be **lightweight, compact, high in energy**, and easy to prepare.

Packing Guidelines:

- ✓ **All food must fit inside your rucksack.** No loose items or extra bags.
- ✓ **Pack only what you need.** If buying bulk packs, take only a reasonable portion.
- ✓ **Use small resealable bags or lightweight containers** to store portions.
- ✗ **No canned or bottled food.** (you may decant from a can to a Tupperware beforehand)
- ✗ **No perishable food beyond Day 1.** Refrigeration will not be available.

Choosing the Right Foods

Dehydrated and freeze-dried foods are **lightweight, nutritious, and easy to prepare**. Combine these with non-perishable snacks such as:

- Crackers
- Roasted nuts
- Dried fruit
- Energy bars
- Granola bars

Online Stores for Trail Food:

- [The Trail Food Company](#) – Light and nutritious meals
 - [Mama Alles](#) – Meals designed for adventure
 - [Rationtech Outdoor Cuisine](#) – MREs (Meals Ready to Eat)
-

Menu Planning for a 3-Day Trip

Breakfast (2 Days)

- ✓ Instant oats sachets (e.g., Jungle Oats, FutureLife)
- ✓ Muesli or breakfast biscuits
- ✓ High-energy cereal bars

Snacks (Between Meals & Bedtime)

- ✓ Trail mix (store-bought or homemade)
- ✓ Biltong or droëwors
- ✓ Peanuts and raisins
- ✓ Mini cheddars (no chips/crisps)
- ✓ Dried fruit (e.g., Montagu Snacks)
- ✓ Energy bars (e.g., Jungle, FutureLife)

- ☑ Small peanut butter sachets
- ☑ Chocolate (for an energy boost)

Lunch (2 Days)

- ☑ Wraps, bagels, burgers or rolls with your choice of spread (Day 1 only)
- ☑ Pizza (Day 1 only)
- ☑ Hard-boiled eggs & whole grain crackers
- ☑ Tuna or chicken sachets (SPAR, Woolworths)
- ☑ Small portions of cheese (e.g., Babybel, Melrose)
- ☑ Instant soup sachets (e.g., Royco Quick Snack)

Supper (Carbs + Protein for Energy & Recovery) – NO COOKING OVER FIRES PERMITTED

- ☑ Couscous or instant pasta (e.g., Werda Curry Pasta, Bacchini Couscous)
- ☑ Instant rice or quinoa mix (e.g., Tasia 7 Ancient Grain Rice)
- ☑ 2-Minute Noodles (Maggi, Yum Yum)
- ☑ Instant mashed potatoes (e.g., Smash)
- ☑ Sliced salami, viennas, or Russian sausage
- ☑ Soya mince (e.g., Top Class Beef & Onion)
- ☑ Ready-made bean salad (e.g., Werda Spicy Mexican Beans)
- ☑ Sauce sachets (e.g., Knorr, Ina Paarman Pesto)

Drinks (NO LIQUID DRINKS ALLOWED)

- ☑ Powdered sports drink (e.g., Game Isotonic)
- ☑ Rehydration sachets (e.g., Rehidrat)
- ☑ Hot drink options (e.g., Hug in a Mug, Milo, tea bags – no milk)

Tips for Smart Packing

- ✓ **Think lightweight & compact** – Avoid bulky packaging, decant into small portions.
- ✓ **Plan your meals in advance** – Ensure enough food without overpacking.
- ✓ **Avoid unnecessary waste** – Choose minimal packaging & easy-to-dispose wrappers.
- ✓ **Balance energy needs** – Include carbs, protein, and healthy fats.
- ✓ **Hydration is key** – Drink plenty of water throughout the camp.

PRACTICE PREPARING YOUR NUTRITIOUS MEAL AT HOME BEFORE THE CAMP SO THAT YOU HAVE THE QUANTITIES RIGHT AND AN IDEA OF COOKING TIME USING YOUR SMALL HIKING STOVE

Do you have great meal ideas?

We're always looking for ways to improve camp nutrition! If you have trail food recipes or suggestions, email billy.teeton@woodridge.co.za