# Palmerston North Boys’ High School

#  Year 10 Camp - Tararua Southern Crossing

**Students will have to take food they can carry, cook and eat.**

**Each student will cater for himself.**

**Menus including quantities must be prepared by each student and will be discussed and checked during camp meetings.**

### MEALS

**Monday Before leaving home Cut lunch from home Dinner**

**Tuesday Breakfast Lunch Dinner**

**Wednesday Breakfast Lunch Dinner**

**Thursday Breakfast Lunch Dinner**

**Friday Breakfast Lunch**

**Also snack food will be NECESSARY for eating on the move between meals**

**These are some suggestions only……**

**BREAKFAST cereals, porridge (good option)**

**LUNCH salami, cheese, crackers, breads, spreads (honey etc)**

**DINNER rice, pastas, dried vege’s, instant potatoes, salami, tinned tuna, jellies, instant puddings, dried fruit**

A little canned food is alright too much will be far too heavy to carry

**DRINKS tea, coffee, water at huts, soups, powdered drinks**

**SNACKS barley sugars, muesli bars, scroggin, nuts, chocolate**

**and the like**

**Freeze dried meals – can be purchased from Hunting and Fishing, Back Country brand has a variety of menus**

**Don’t forget things like matches, detergents, salt, butter, powdered milk**

* **As a rule of thumb one double serving meal will meet the needs of each student for each meal. Students must plan so that they can over eat. They will eat more than normal.**
* **Quantities must also be assessed, pack only the amount of each food item that you are going to need ie. a 1kg block of cheese is far too much cut it down and wrap it in gladwrap**
* Student should also ensure that they take any specialised food they require, you must notify Mr Squire if this is the case
* Each student must plan their meals for the week. You will not want to run out of food nor will you want to carry excessive amounts of food in your packs