



SELF CATERING SUGGESTIONS FOR 5-DAY TRIP



You can cater very economically if you put your mind to it. Suit yourself and adjust to the tastes of your family or friends. It's also fun to prepare your own meals, especially with youngsters who can learn about camping and good eating!

THIS IS DESIGNED FOR CROC RAFTING

EXPEDITION SELF CATERING GUIDELINES				ORANGE RIVER 2021
	B'KFAST	LUNCH	SUPPER	COMMENTS
ARRIVE 5pm			Braai, pudding, TCHJ	
DAY 1	TCHJ, Cereals, Eggs&bacon, fruit, toast & spread	Salad rolls, cheese, juices, sweets	Braai, fresh fruit or pudding, TCHJ	
DAY 2	TCHJ, cereals,fruit, scramble-eggs, toast	Sandwiches and juices, small yoghurt	Spag-bolognaise, hot tinkies,TCHJ	
DAY 3	TCHJ, Cereals, yoghurt, French toast, honey	Mayo Wraps, marshmallow, juices	Braai, choc pudding, TCHJ	
DAY 4	TCHJ, hotpot veges & savoury mince, fruit	Bean salad & juices, sweets	Chicken Potjie, fruit & custard, TCHJ	
DAY 5	Canned meat & tomato/onion, toast	Salt biscuits, cheese wedges, juices	Awards meal in Restaurant	First night come ready with supper Breakfasts must be fiilling with a balance of protein, vitamins and carbohydrates. Lunches are made up and packed at breakfast time for easy access on river. Lunches are always light and quick to serve. No cooking. Take snacks on river, with plenty of liquid. Sundowner snacks are a popular treat at the end of the day. Dinners can be substantial. Coffee, tea, hotchoc and juices are regulars before breakfast, after breakfast and after dinner. Alcoholic beverages may not be consumed during the day. Don't over-cater but do make sure you have planned out your meals and quantities in advance. On arrival we show you how to pack your food in the bins and coolboxes we provide. You will carry some of your own stuff in your boat but our loadboats take most of it.
Notes: add your own choices to these basic items				
TCHJ	Tea, coffee, hot choc, juices, sugar, rusks, etc			
Dairy	Longlife milk, yoghurt, butter, eggs, bacon, cheeses, honey			
Fruit&Veg	Apples, citrus, bananas, tomatoes, onions, carrots, cabbage, etc			
Meats	Vaccuum packs or meat substitutes, viennas, boerewors etc			
Cereals	Oats, cornflakes, muesli, etc			
Starch	Sliced bread, wraps, rice, potatoes, maizemeal, couscous			
Condim.	Salt&pepper, oil, mayo, sauces, marmite, spreads, jams, oil			
Beverages	Fizzy drinks, concentrates, beers, wines, spirits			
Canned	Beans, fish, chopped veges, cream, condensed milk, goldnsyrup			
Day snacks	Chips, biltong, boiled sweets, fizzers, peanuts&raisins			
Sundowners	Salt biscuits, mussels, sardines, dips			
Puddings	Instant puddings, fruit salad, custard, tinkies,			
Meal plans: Big breakfast, very light lunch, filling supper, lots of liquid				
Quantities: We have a spreadsheet suggesting quantittites for 4				
Packing: Remove unnecessary packaging and seal the items				
Decant from glass into plastic or tupperware.				
Transport in cardboard boxes or shopping bags rather than plastic bags				
Cold stuff keep iced in a coolbox. We provide coolboxes for the river.				
Washup:	Our scullery and sink have disinfectant. Refuse storage bins.			

SEE PRICING TABLE FOR THE COST OF ALL MEALS CATERED



Happy camping!