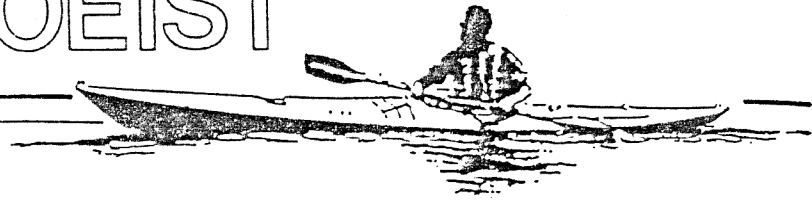


THE
SEA CANOEIST
NEWSLETTER

P O Box 26
NELSON
NEW ZEALAND



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Judging by the letters from overseas that I receive, all asking for advice on canoe and kayak trips in New Zealand, many people overseas fail to realise just how small this country is. For example, there was the couple from the States who wanted advice on wilderness kayak river trips but as they had only 2 months in NZ would I not list trips in excess of 14 days! Sea kayaking lends itself better to expeditions as you don't run out of water like the river paddlers do.

Unfortunately the lack of good overnight and expedition type country for paddlers has resulted in a lack of camping and planning skills by some of the younger paddlers I meet on the water. In the 'old days' paddlers often came from a mountaineering and tramping background where camping skills gained there easily transferred across to canoeing. School outdoor education groups often have a tendency to concentrate on day-trips and when trips involving more than a single overnight stop are considered, fixed camps are usually used. As a consequence, few people have the opportunity to plan and provide for expedition type trips.

Many years ago I had to plan a trip for 18 people on a five-day river trip. I divided the group up into smaller groups of 5 & 4 and could then use my menu/provisioning shopping list that I had used for years on climbing trips.

The fact is, there are many paddlers who simply don't know where to start when it comes to food lists for long paddle trips. Some people go overboard counting kilocalories and ensuring a balanced diet, others consider weight the first priority. Speed of preparation and wash-up is my first priority.

For many years I carried an army ration pack (obtained during a SAR Exercise) up in the bow of my kayak and on a number of occasions was glad I did. The NZ Army has recently restructured its ration packs and I appealed to a friend to supply me with details. What follows is an analysis of the current ration pack system of the NZ Army which may be of assistance to those paddlers who may not have needed to plan foodlists before.

The NZ Army now has two main types of ration pack; a lightweight, and a canned food pack, both are for one person/one day. Within each type there are 3 or 4 menus so that variety is provided. To complicate matters further, there is a list of common items to both the lightweight and the canned types. My suggestion to paddlers is that if they wished to follow the army system, they could make up a number of 'common item' 1-man/24 hr packs and then add to that either the lightweight pack when weight is important (and you have ample water as dehydration provides the weight gain), or the canned pack which is a cheaper option to the dehydrated option. The variety comes in the foods provided in the dehydrated/canned part of the menu - these are listed as variety A-D.

Also listed is a 'Gruber' ration pack that requires little water to reconstitute it, and a 10-person list for fixed camps.

All these food lists can be pre-packed and have a shelf-life of 3 years for the light weight pack, and 2 years for the others. The 10-person/day list has a 2 year shelf-life with the supplementary issue of bread/biscuits and butter needing to be supplied fresh.

RATION PACKS

ITEM	UNIT	QTY
COMMON ITEMS - LIGHTWEIGHT & CANNED		
Requires 1.5 litres water to reconstitute		
Plain biscuits	55gm pkt	1
Sweet biscuits	55gm pkt	1
Honey	55gm tube	1
Confectionary	35gm pkt	1
Chocolate bar	55gm	1
Raisins/sultanas	42gm pkt	1
Milk powder	14gm pkt	2
Soup powder	25gm	1
Curry powder	3.5gm pkt	1
Tea bags		2
Instant coffee	1.75gm	2
Salt	7gm pkt	2
Sugar	14gm pkt	6
Matches w/proof	1 box	1
Steel wool pad	1 pad	1
Toilet paper	sheets	5
MENU ITEMS - LIGHTWEIGHT		
Using Alliance Freeze dri products		
TYPE A		
Nutritional value 3220 kcals		
Ham omelette	100gm sachet	1
Lamb & peas	100gm sachet	1
Stewed peaches	30gm sachet	1
Potato Flakes	15gm sachet	1
TYPE B		
Nutritional value 3380 kcals		
Beef curry & rice	100gm sachet	1
Sweet & sour pork	100gm sachet	1
Stewed apricots	30gm sachet	1
Pre-cooked rice	60gm sachet	1
TYPE C		
Nutritional value 3227 kcals		
Savoury mince & rice	100gm sachet	1
Beef & beans	100gm sachet	1
Stewed apples	30gm sachet	1
Potato flakes	15gm sachet	1
TYPE D		
Nutritional value 2961 kcals		
Chilli con-carne	100gm sachet	1
Beef casserole	100gm sachet	1
Stewed apples	30gm sachet	1
Potato flakes	15gm sachet	1

ITEM	UNIT	QTY
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MENU ITEMS - CANNED

To the common list add

Rice (pre-cooked)	85gm pkt	1
Can opener		1

Menu items using 'Pool's' meat items and 'Watties' fruit or vegetable items.
Nutritional value 3676 kcals

TYPE A

Beef stew	225gm tin	1
Lamb & peas	225gm tin	1
Spaghetti & sausages	300gm tin	1

TYPE B

Beef curry & vegetable	225gm tin	1
Beef goulash	225gm tin	1
Baked beans & sausages	300gm tin	1

TYPE C

Spiced mutton	225gm tin	1
Corned Beef & vegetable	225gm tin	1
Baked beans or Spaghetti & sausages	300gm tin	1

'GRUBER' RATION PACK - to be used one day in 5 when on ration packs.
Requires only one half litre water to reconstitute
Energy value 2433 kcals

Chicken curry	300gm tin	1
Peas	310gm tin	1
Fruit cocktail	248gm tin	1
Cornflakes	60gm pkt	1
Instant noodles	85gm pkt	1
Herrings in tomato sauce	400gm tin	1
Tea bags		2
Instant coffee	sachet	1
Raisins	42gm pkt	1
Chewing gum	pkt	1
Non dairy creamer	3gm pkt	3
Toilet paper	sheets	5

10-MAN RATION PACK

Designed as a 10 person 1-day ration, 5 person 2-day ration, 1 person 10-day ration etc. This is a composite ration of tinned foods that can be used heated or cold.

This ration requires 2275gm bread or 1150gm of cabin bread/biscuits and 454gm butter added to it.

Water of 1.5 litres is required to reconstitute the beverages, soup and potatoes.

Nutritional value 1702 kcal or 2597 kcal with the added bread and butter as listed above.

ITEM	UNIT	QTY
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COMMON ITEMS

Potato flakes	225 gm pkt	2
Jam	400gm tin	1
Cheese	113gm tin	1
Sugar	225gm sachet	3
Instant Coffee	50gm tin	1
Milk unsweetened	400gm tin	3
Tea	113gm sachet	1
Salt	14gm sachet	4
Matches w/proof	box	1
Can opener		1
Creamed rice	440gm tin	4

Plus supplementary fresh supplies of bread 2275gm or biscuits (cabin type) 1150gm and 454gms of butter.

TYPE A MENU ITEMS

Beef & vegetable spiced	435gm tin	4
Beef corned and vegetable	435gm tin	4
Irish casserole	435gm tin	4
Tomatoes	420gm tin	2
Green beans	425gm tin	2
Chicken soup	440gm tin	3
Pears	425gm tin	4

TYPE B MENU ITEMS

Savoury mince	435gm tin	4
Beef casserole	435gm tin	4
Beef curry	435gm tin	4
Green peas	440gm tin	2
Mixed vegetable	425gm tin	2
Peaches	425gm tin	4
Vegetable soup	440gm tin	3

TYPE C MENU ITEMS

Steak kidney & vegetable	435gm tin	4
Beef stew	435gm tin	4
Spiced mutton	435gm tin	4
Mixed vegetable	425gm tin	2
Green peas	440gm tin	2
Tomato soup	450gm tin	3
Fruit salad	425gm tin	4