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Expedition Planning Series – Rations Planning

Goal: To have participants plan a well-balanced and nutritional ration, fuel to cook it, and estimate fresh water usage for an extended sea kayak journeys.

Objectives:

- Participants will under the importance of a well-balanced ration
- Participants will understand the benefits of "bulk rationing" or "total food planning"
- Participants will understand simple equations to figure fuel and water.
- Participants will use the information to plan there next extended trip.

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ľ	y "bulk rationing"?
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Simple equal 1 gallon or 4-6			per day is a solid	estimate.	-
gallor	ns x 3.8 =	liters	liters x	0.26 =	gallons
1 gallon x	person	(s) x	day (s) =	total	water.
Simple equation 1/3 of a liter (.3			up per day is a so	lid estimate (summer).
gallor	ns x 3.8 =	liters	liters x	0.26 =	gallons
.33 liter x	per gro	oup x	day (s) =	total	fuel.
NOTES:					

¹ This estimate is based on using an MSR Whisperlite stove and white gas.



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Simple equat 1.5 to 1.75 pour				day is	s a solid es	stima	te.			
pound(s) >	x 0.45 =	k	ilog	grams	skil	ograr	m(s) x 2.2 =	_pound(s)		
1.5 x	_person (s)) x			_day (s) =_		total food	weight.		
Equation for 1.	75 pounds	per p	oers	son p	er ďay – si	upple				
		age	Х	Tota	al Weight	=	Total pounds for	or Category		
Dinner	0.22									
Lunch/Snacks	0.20									
Breakfast	0.19									
Baking	0.14									
Fats/Proteins	0.12									
Drinks/Mixes	0.06									
Fresh/Cans	0.07									
Equation for 2	Equation for 2 pounds per person per day									
Categories	Pounds	Хр	ers	ons	X days	=	Total pounds for	or Category		
Dinner	0.41									
Lunch/Snacks	0.38									
Breakfast	0.39									
Baking	0.21									
Fats/Proteins	0.38									
Drinks/Mixes	0.23									
Fresh/Cans										
Equation for 1.	75 pounds	per p	oers	son p	er day					
Categories	Pounds			ons	X days	=	Total pounds for	or Category		
Dinner	0.34									
Lunch/Snacks	0.33									
Breakfast	0.34									
Baking	0.21									
Fats/Proteins	0.33									
Drinks/Mixes	0.21									
Fresh/Cans										
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	Ideas for your I	Food Categories
Breakfast	Hot and Cold Cereals: Oatmeal	Seven Grain
	Cream of Wheat	■ Granola
	Cous Cous	Powdered milk
	Grits	Brown Sugar
Baking	Wheat flour	Yeast
_	White flour	Baking powder
	Corn meal	Brown sugar
	Bisquick	•
Drinks	Teas	 Hot chocolate
	Sport mixes	Honey
	Fruit drinks	Thai Kitchen/Ramen Soups
	 Powdered milk 	•
Trail foods	Gorp	 Mixed/Assorted nuts
	Garlic mix	Bagels
	Crackers	Hummus
	Yogurt covered	 Hard candies
	raisins	 Dried fruits
Fats/Proteins	• CHEESE!	Seeds
	 Peanut butter/nut 	 Quinoa
	butter	 Ghee/butter/margarine
	TahiniTempe	Tuna/Sausages/jerkyTVP
Dinner	TempePasta	Potato pearls/flakes
Diffile	- Fasia ■ Rices	Bulgar
	RiccsBeans	- Baigai
	Tortillas	
Bases/Spices	White Sauces	Wasbi tube
	Tomato paste	 Assorted Spices
	Soup bases	 Dried veggies
	Oils	 Soy/vanilla/hot sauce/vinegar
"Freshies"	Onions	■ Eggs
	Garlic	•
	Apples/oranges	
	Potatoes	
	Carrots	
Deserts	 Cheese Cakes 	•

Brownie Mixes Chocolate



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Dinner	% Tot	tal pounds_		Breakfast	% Total	pounds	_	Baking_	% To	tal pounds_	
Item	1lbs.	½ lbs.	Cost	Item	1lbs.	½ lbs.	Cost	Item	1lbs.	½ lbs.	Cost
			16oz				16oz			_	
Black				Cream of				White			
beans				wheat			\$0.79	flour			\$0.59
Refried				Oatmeal				Wheat			
beans			\$5.44				\$0.69	flour			\$0.59
Nature's				Raisin Bran				Corn			
burger							\$3.83	meal			\$0.49
Falafel				Mini Oats				Brown			
			\$3.99				\$3.79	sugar			\$0.89
Lentils				Granola				Brownie			
			\$0.59				\$2.99	mix			
Bulgur				Hash				Ginger			
			\$1.49	browns				bread			
Spaghetti				Pancake				Carrot			
			\$0.80	Mix			\$0.89	cake			
Macaroni				Bagels							
_			\$1.28				\$3.09				
Penne			04.00								
<u> </u>			\$1.92								
Bowties			\$2.08								
Brown											
Rice			\$0.89								
White											
Rice			\$0.45								
Potato											
Pearls			\$2.24								
Cous											
Cous			\$6.08								
Tortilla											



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Lunch/Snacks% Total pounds			Drinks/Mixes_	Drinks/Mixes% Total pounds					Fats/Proteins% Total pounds			
Item	1lbs.	½ lbs.	Cost	Item	1lbs.	½ lbs.	Cost	Item	1lbs.	½ lbs.	Cost	
Popcorn			\$0.59	Tang				Peanut Butter			\$2.69	
Pretzels			\$1.99	Sport mix				Tahini			\$4.59	
Fig Bars			\$3.49	Tea			\$3.59	Cheese			\$3.25	
Peanuts			\$2.89	Cocoa			\$2.08	Milk				
Cashews			\$7.49	Fruit drink s				Margarine				
Chocolate Chips			\$2.99	Soups			\$0.29- \$0.59	Nuts and seeds				
Mixed Fruit			\$5.99	Sauces/bases				TVP			\$3.68	
Figs			\$6.79					Tuna			\$2.15	
Dates			\$3.59									
Banana Chips			\$0.99									
Animal Crackers												
Yogurt Pretzels			\$3.99				_					
Yogurt Raisins			\$2.99									
Hummus			\$6.90									

^{*} Spices and flavorings (oils, vinegar, hot sauce, soy sauce, maple syrup, vanilla) – Also canned and FRESH FOODS to supplement.