



Program Team
2403 Commercial Ave.
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"Guiding Your Learning"

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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 understand 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 their next extended trip.

Why is food important?

- _____
- _____
- _____
- _____
- _____

Why "bulk rationing"?

- _____
- _____
- _____
- _____
- _____



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Simple equation for FOOD!

1.5 to 1.75 pound per person per day is a solid estimate.

____pound(s) x 0.45 = ____ kilograms ____kilogram(s) x 2.2 = ____pound(s)

1.5 x _____ person (s) x _____ day (s) = _____ total food weight.

After you get the **TOTAL FOOD WEIGHT** you divide it into these categories:

Equation for 1.75 pounds per person per day – supplemented

Categories	Percentage	x	Total Weight	=	Total pounds for 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 pounds per person per day

Categories	Pounds	X persons	X days	=	Total pounds for 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 person per day

Categories	Pounds	X persons	X days	=	Total pounds for 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 Food Categories

Breakfast	Hot and Cold Cereals:	
	<ul style="list-style-type: none"> ▪ Oatmeal ▪ Cream of Wheat ▪ Cous Cous ▪ Grits 	<ul style="list-style-type: none"> ▪ Seven Grain ▪ Granola ▪ Powdered milk ▪ Brown Sugar
Baking	<ul style="list-style-type: none"> ▪ Wheat flour ▪ White flour ▪ Corn meal ▪ Bisquick 	<ul style="list-style-type: none"> ▪ Yeast ▪ Baking powder ▪ Brown sugar ▪ _____
Drinks	<ul style="list-style-type: none"> ▪ Teas ▪ Sport mixes ▪ Fruit drinks ▪ Powdered milk 	<ul style="list-style-type: none"> ▪ Hot chocolate ▪ Honey ▪ Thai Kitchen/Ramen Soups ▪ _____
Trail foods	<ul style="list-style-type: none"> ▪ Gorp ▪ Garlic mix ▪ Crackers ▪ Yogurt covered raisins 	<ul style="list-style-type: none"> ▪ Mixed/Assorted nuts ▪ Bagels ▪ Hummus ▪ Hard candies ▪ Dried fruits
Fats/Proteins	<ul style="list-style-type: none"> ▪ CHEESE! ▪ Peanut butter/nut butter ▪ Tahini ▪ Tempe 	<ul style="list-style-type: none"> ▪ Seeds ▪ Quinoa ▪ Ghee/butter/margarine ▪ Tuna/Sausages/jerky ▪ TVP
Dinner	<ul style="list-style-type: none"> ▪ Pasta ▪ Rices ▪ Beans ▪ Tortillas 	<ul style="list-style-type: none"> ▪ Potato pearls/flakes ▪ Bulgar ▪ _____
Bases/Spices	<ul style="list-style-type: none"> ▪ White Sauces ▪ Tomato paste ▪ Soup bases ▪ Oils 	<ul style="list-style-type: none"> ▪ Wasbi tube ▪ Assorted Spices ▪ Dried veggies ▪ Soy/vanilla/hot sauce/vinegar
"Freshies"	<ul style="list-style-type: none"> ▪ Onions ▪ Garlic ▪ Apples/oranges ▪ Potatoes ▪ Carrots 	<ul style="list-style-type: none"> ▪ Eggs ▪ _____
Deserts	<ul style="list-style-type: none"> ▪ Cheese Cakes ▪ Brownie Mixes ▪ Chocolate 	<ul style="list-style-type: none"> ▪ _____



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Lunch/Snacks ____ % Total pounds ____				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.