

Food shopping guide

Suitable for 12 people going away for two nights with one evening meal.

Remember to take **vegans** into account if there are any on the trip (marg, milk, spreads etc). They might help by buying their preferred food, such as vegan snack bars – for which they would be reimbursed. The same would apply for gluten free diets, childrens or baby food.

Evening meal providers should take care of their own needs for spices, oil etc, and should take back unused pasta/rice etc, rather than add these things to the trip box. It is worth taking a little extra salt/pepper. For 12 people, 1.5 kg pasta should suffice, or 500g basmati rice if those are in the meal.

For the **friday evening** it might be good to get some biscuits, or extra bread and packet soup

Breakfasts and lunches (for 12 persons for 2 nights, adjust as required)

6 large loaves (pref. wholemeal, more solid bread travels better)
2 x 500g tubs marg
2 average size chunks of cheese
1 small jar pickle
Peanut butter and/or marmite
2 tubs/jars houmous/sandwich spread
Jam or marmalade
Honey
12 eggs or 6 eggs and 1 tin beans
36 pieces fruit (mostly apples/bananas, a few oranges, pears etc may not be ripe)
48 small snack/chocolate bars or equivalent in wafer biscuits etc
1 kg muesli
500g porridge oats/250g pinhead oatmeal
12 pints/6 litres milk (substitute soya for vegans)
4 litre cartons fruit juice
Jar/packet instant/real coffee – if the latter, take a cafetiere (or use a sock)
Box 80 teabags
Selection box fruit/herb teabags
250g packet sugar (non-white makes porridge taste better)

Non-edible extras (depending on hut specifics): matches, 2 binbags, 4 loorolls, scourer, 2 teatowels, washing up liquid, sandwich bags

Red Rope has a policy of boycotting Nestlé products (there are too many products to list or know about, but their coffee is easily avoided)

People are responsible for their own **emergency food** rations if they need them. **Alcohol** should not be done as part of the trip accounts, although it helps to get them done.