



## SELF- CATERING FOOD SUGGESTIONS

This list is to help clients who were unsure what foods are best to bring on a course. You are entirely free to bring whatever food you prefer, this is simply a few suggestions to help anyone who has never camped before and is uncertain what to bring.

We do not have refrigeration facilities on the courses so the best option is to bring a cool box for storage; this has the added advantage of preventing the rodents from causing a nuisance.

As a general tip it is best to start with fresh food at the beginning of your course and move onto dried or tinned foods towards the end.

Bring food that is quick and easy to cook to allow you more time to relax during your course. You will not have time to get extra supplies, and there are no shops in the village, so it is important to remember everything you will need.

You may wish to bring snacks you can eat throughout the day. A brew box of tea, coffee, hot chocolate and squash, etc. is always available free of charge on site, along with fresh water but if you prefer any other drinks (such as non-dairy milk), please bring them with you.

Don't forget you will need a small stove to cook on, and something to cook in, such as a saucepan or small billy can. If you have recently purchased a new stove, it's a good idea to practice cooking on it prior to the course, as it is useful to know rough cooking times.

Below are some suggestions that may help you decide what to bring:

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Egg / Bacon Roll	Sandwiches / wraps/ pitta / rolls etc with filling of choice	Pasta
Porridge and banana	Tinned fish and bread/biscuits	Rice
Pop tarts	Bannock	Jacket Potato
Cereal Bar and fruit	Oat cakes or brown biscuits and cheese	Tinned steak
Nuts and fruit	Soup and bread roll	Look What We Found or similar meal pouches (Available from Sainsburys)
Bannock	Salads (rice, bean, pasta)	Chile con carne
Bread (toasted ) with jam		Curry