

**RECIPE'S AND FOOD**

**IDEAS FOR HIKING**

**BOOKLET**

# **IMPORTANT THINGS TO KNOW**

## **1. Drink before you are Thirsty**

Thirst is an early symptom of dehydration. By the time the thirst response is activated, you're already 2 to 3 percent dehydrated. Start your day of hiking by consuming 400ml of water a couple of hours before you start hiking. You should be consuming around 2- 3 litres of water a day while completing continuous exercise.

## **2. Fuel with carbs**

Carbohydrates are the body's preferred primary energy source while hiking and backpacking. Ensure you are eating enough carbs to improve your strength and endurance and delay fatigue. Dried fruit and bars are a great source of good carbohydrates.

## **3. Eat breakfast**

Start the day with a good nutritious breakfast. Your breakfast should be low in fat and fibre and high in carbs and protein. This will provide you with enough fuel and be able to digest the food before setting off on your hike. Oats with dried fruit or cereal and granola with powdered milk is optimal. Energy bars are a good option to provide a quick boost before a big day.

## **4. Eat every hour**

The scroggin you make is for you to nibble on throughout the day to keep energy levels constant. If you consume your scroggin in one hit, you will divert the blood away from the muscles to help you digest all that food, creating a faster onset of muscle fatigue. Optimal consumption of scroggin is every hour so the body can process the calories you are putting into it for ideal effects.

## **5. Stretch, hydrate and eat after each day of hiking**

When you get to camp after a long day hiking the first thing you want to do is sit down and not move. This is not ideal as your muscles will cease up and fatigue quickly. To replenish your muscle tissue after a big day, consume some carbohydrates and proteins while stretching and keeping hydrated no more than 45 minutes after you arrived at camp. The carbohydrate will replace lost muscle sugar (energy from the muscles) and the protein will repair the muscle tissue by providing important amino acids.

If you do these simple things throughout your hike, your body will get you through and it will be an overall enjoyable experience. Happy walking!

The below recipe ideas are guides. Please refer to the packaging on particular items for amounts and take into account how much you think you will eat after a big day hiking. Ensure you pack enough nutrition in your meals and snacks whilst also taking into consideration the weight

# BREAKFAST IDEAS

## SHOPPING LIST

Belavita biscuits

Quick oats

Cereal

Fruit Loaf Bars

Protein Bars

Powdered milk

Added extras to put in oats or cereal – sultanas and seeds

Condensed milk – sugar milk additive to morning coffee or tea

Coffee (ground or coffee bags)

Tea

Hot Chocolate (powdered)

Small squeezey honey (adds weight, but good for natural sugar hit)

# LUNCH IDEAS

## SHOPPING LIST

Wraps or Vita Wheats

Pita bread/mountain bread (heavier but will fill you up more)

Cheddar Cheese (Blue packet non refrigerable)

Avo Fresh (Use within first 2 days)

Hummus (home-made can last 3 days, do not add dairy products)

Vegemite (squeeze jar)

Tuna/salmon packets (1-2 each wrap) No Tins  
*(you can also get ones with added beans and corn)*

Chorizo (heavy smoked and with wax/skin on)

Cherry Tomatoes (Store in mug or Trangia bowl so as to not get squashed)

Spinach/Rocket (will last first 2 -3 days if left out of sun)

Cucumber

Green Beans

Capsicum

Carrot

# SCROGGIN IDEAS

## SHOPPING LIST

### Dried fruit

- Apples
- Cranberries
- Dates
- Sultanas
- Apricots
- Figs

### Seeds

- Pumpkin
- Sunflower
- Pepitas

### Lollies

M&M's/ Smarties

Tiny teddies

Pretzels

Shapes

Muesli bars

Beef Jerky

**ENSURE YOU CHECK INGREDIENTS ON BARS –  
NO NUTS ALLOWED AT ALL**

*\*IT IS BEST TO SEPARATE YOUR SWEET FROM  
SAVOURY. PACK SCROGGIN INTO SEPARATE DAILY  
AMOUNTS TO MAKE IT EASIER\**

# PRE-DINNER NIBBLES

## SHOPPING LIST

Packet Soup/Miso Soup

Deb instant potato mash

Pita Bread and hummus

2-minute noodles (*this is a snack only. It is not a nutritious main meal*)

Note: The below dinner recipes are a guide only.

# DINNER RECIPES

## CHICKEN STIR FRY (1<sup>ST</sup> NIGHT ONLY)

Servings 2 | Prep 5 min | Total 15min

### INGREDIENTS

1/2 Carrot - finely chopped  
10 Snap green beans halved  
6 Asian style corn halved  
1/2 Vacuum sealed chicken  
1 Asian style Packet Sauce  
1 Packet Thai Rice Noodles

### METHOD

1. Bring water to a boil on Trangia
2. Half carrot lengthways then finely chop
3. Place carrot into boiling water and cook until just softened
4. Add corn. Cook until softened
5. Add noodles and cook until desired texture
6. Drain Water. Add sauce and snap beans. Sauté until desired consistency

### SHOPPING LIST

1 Carrot  
10 Snap Green Beans  
Packet Asian Style Corn  
1/2 Vacuum sealed chicken  
*(must be eaten on first night)*  
1 Asian style packet sauce  
1 Packet Thai Rice Noodle

# SPAGHETTI BOLOGNESE

Servings 2 | Prep 10 min | Total 15-20 min

## INGREDIENTS

¼ Chorizo - Diced  
½ Red Capsicum - Finely chopped  
¼ Onion - Diced  
4 Mushrooms - diced  
1 Packet pasta sauce  
200g Fairy Pasta  
Small Mixed herbs

## METHOD

1. Bring water to a boil in large Trangia bowl
2. Add pasta and cook until desired texture and set aside
3. In smaller Trangia bowl heat a small amount of oil and add chorizo and cook until browning
4. Add onion and cook until soft and browning. Add remaining ingredients and cook until vegetables are softened and desired consistency (you may need to add a splash of water, so sauce doesn't thicken too much)
5. Drain water from pasta.
6. Over low heat add sauce, mixed herbs and stir until well combined
7. Serve with salt and pepper if desired

## SHOPPING LIST

1 Chorizo (only use ¼)  
1 Red Capsicum  
1 Onion  
4 Mushrooms  
Packet Pasta Sauce  
200g Fairy Pasta (or equivalent)  
Olive oil – put into small leakproof squeeze bottle  
Optional (Small salt & pepper)



# FRIED RICE

Servings 2 | Prep 10 min | Total 20min

## INGREDIENTS

- ½ Carrot - diced
- ½ Zucchini - diced
- 50g dried peas/corn
- ¼ Chorizo  
or
- 2 packets Tuna
- 2 Packets flavoured pre-cooked fried rice

## METHOD

1. Bring medium amount of water to a boil on Trangia
2. Place carrot into boiling water and cook until just softened
3. Add zucchini and dried peas/corn. Cook until softened
4. Drain water from vegetables.
5. In smaller Trangia pot add a splash of oil and cook chorizo until browning.
6. Add pre-cooked fried rice into chorizo pot and stir until combined. Add cooked vegetables. Salt and pepper to serve

## SHOPPING LIST

- 1 Carrot
- 1 Zucchini
- Packet dried peas/corn
- Chorizo  
or
- 2 packets tuna/salmon
- 2 packets flavoured pre-cooked fried rice
- Olive oil – put into small leakproof squeeze bottle

# VEGETABLE CURRY

Servings 2 | Prep 10 min | Total 20 min

## INGREDIENTS

- ½ Zucchini - Finely chopped
- ½ Red Capsicum - Finely chopped
- ¼ Onion - Diced
- ¼ Carrot - diced
- 6 Green beans - halved
- 1 packet curry sauce/curry paste
- 2 packets mi goreng
- 1 packet powdered coconut

## METHOD

1. Follow cooking instructions for mi goreng in large Trangia bowl and set aside once cooked
2. In small Trangia pot add splash of olive oil. Add onion and cook until soft and brown.
3. Add Zucchini, red capsicum and green beans. Cook until slightly softened
4. Add packet curry sauce, powdered coconut and diced carrot and follow cooking instructions on packet (powdered coconut may need water added to it – follow instructions)
5. Drain water from mi goreng
6. When desired consistency is achieved for sauce and carrot is soft, add into mi goreng, combine and serve

## SHOPPING LIST

- 1 Zucchini
- 1 Red Capsicum
- 1 Onion
- 1 Carrot
- 6 Green Beans
- 1 Packet Curry sauce/curry paste
- 2 Mi Goreng
- 1 Packet Powdered coconut
- Olive oil – put into small leakproof squeeze bottle

# SWEET CHILLI TUNA & COUS COUS

Servings 2 | Prep 5 min | Total 10min

## INGREDIENTS

- 2-3 packets sweet chili tuna
- ½ carrot - diced
- ½ Red Capsicum - finely sliced
- 8 broccolini heads - coarsely chopped
- 250g Cous-Cous
- Optional: Sweet chilli sauce

## METHOD

1. Bring water to a boil on Trangia
2. Add carrot and cook until soft
3. Add broccolini and cook for a further minute
4. Put cous-cous into small Trangia pot. Drain the excess water from vegies over cous-cous until 2cm above top. Cover and leave until completely soaked – occasionally stirring. This should only take a couple of minutes
5. Once cous-cous has soaked up all the water, mix in sweet chili tuna packets and cooked veggies until well combined. Add extra sweet chilli sauce if desired

## SHOPPING LIST

2-3 Sweet Chilli Tuna Packets

1 Carrot

1 Red Capsicum

Bunch Broccolini

Packet Cous-Cous

Optional sweet chilli sauce – put into small leakproof squeeze bottle

# CARBONARA

Servings 2 | Prep 5 min | Total 15 min

## INGREDIENTS

2 Packets of salmon or ½ pepperoni (diced)  
½ Zucchini - diced  
¼ Onion - Diced  
6 Mushrooms - diced  
2-3 packets creamy bacon carbonara (with noodles)

## METHOD

1. Follow cooking instructions on back of packet mix of creamy bacon carbonara
2. When cooked, place aside, covered
3. In small Trangia add a splash of oil and cook the onion until brown.
4. Add mushrooms and zucchini and cook until softened. If using pepperoni, add this and cook for a further 2 minutes
5. Combine cooked vegetables & pepperoni (if used) in with carbonara pasta and if using salmon, add this at time.
6. Salt and pepper to serve

## SHOPPING LIST

2 Packets of Salmon  
or  
1 Pepperoni  
  
1 Zucchini  
  
1 Onion  
  
6 Mushrooms  
  
2-3 packets creamy bacon carbonara  
  
Optional: Salt and Pepper

# BURITOS

(TO EAT ON 1<sup>ST</sup> OR 2<sup>ND</sup> NIGHT)

Servings 2 | Prep 10 min | Total 15 min

## INGREDIENTS

- 1 tomato - sliced
- Small packet spinach
- ½ Onion - diced
- ½ Red Capsicum - sliced
- 4 Tortillas
- 1 Tube Avo spread
- 2 Packets mexi-flavoured packet rice

## METHOD

1. Splash of olive oil in small Trangia pot
2. Add onion and cook until softened and browned
3. Add packet rice and combine. Cook until rice has warmed (follow packet instructions).
4. Serve in tortillas with remaining vegetables as desired

## SHOPPING LIST

- 1 Tomato
- 1 Red Capsicum
- 1 Onion
- 4 Mushrooms
- 1 Small packet spinach
- 1 Tube avo spread
- 2 Mexi flavoured packet rice
- Olive oil (in a small squeeze bottle)

# VEGE SUPREME STIR FRY

Servings 2 | Prep 10 min | Total 20 min

## INGREDIENTS

¼ Zucchini - Finely chopped  
6 heads of Broccolini  
¼ Carrot - Finely chopped  
5 Cauliflower heads - roughly chopped  
¼ Red Capsicum - Finely sliced  
Ramen noodles (*quantity dependent on packet instructions*)  
Sweet Chilli sauce

## METHOD

1. Bring water to a boil in small Trangia bowl. Follow cooking instructions for Ramen noodles. Set aside when cooked
2. In large Trangia bowl, bring a small amount of water to the boil. Add carrot and cook until slightly softened. Add remaining vegetables and cook until slightly soft.
3. Drain water from vegetable bowl. Add a splash of olive oil and cook until vegetables start to brown on the outside.
4. Drain ramen noodles and add to vegetable pot with sweet chilli sauce. Stir until combined and serve.

## SHOPPING LIST

1 Zucchini

1 Red Capsicum

Bunch Broccolini

½ Cauliflower

1 Carrot

1-2 Packet Ramen noodles

Sweet Chilli sauce – *in small squeezey bottle*

Optional (Small salt & pepper)

# DESSERT IDEAS

## SHOPPING LIST

Instant pudding

Sachet instant custard

Hot chocolates

Chocolate covered fruit bites

1-2 Blocks chocolate

Marshmallows (can toast on fire)

Packet of Tim Tams (Heavier option)

