

Provisioning



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24 items

The shopping list for the trip.

Drinks

- ☐ Water
At least 2-3 litres per person per day.
- ☐ Juice / soft drinks

Basics

- ☐ Spices, oil, vinegar
- ☐ Salt, pepper, sugar
- ☐ Coffee / tea

Breakfast

- ☐ Muesli, oats
- ☐ Milk / plant-based alternatives
- ☐ Bread / crispbread / toast
- ☐ Jam, honey, nut butter
- ☐ Yoghurt
- ☐ Eggs
- ☐ Cold cuts
- ☐ Cheese
- ☐ Butter / cream cheese

Snacks

- ☐ Rice cakes
- ☐ Nuts
- ☐ Cereal bars
- ☐ Fruit
Sturdy sorts travel best: apples, bananas.
- ☐ Vegetable sticks
Carrots, peppers, cucumber.
- ☐ Tinned fish, hummus, spreads
- ☐ Crisps
- ☐ Biscuits
- ☐ Pretzel sticks or similar
- ☐ Salami sticks / fuet