

CATERING NOTES FOR EXPEDITIONS



For most Expeditions & longer tours we offer a self-catered or fully-catered option.

Catering for wilderness outings presents various challenges with many possible outcomes, so please read the following notes!

1. FULLY CATERED OPTION:

- Our philosophy with fully catered expeditions is essentially to plan and provide a menu to your liking which can be successfully prepared in a wilderness setting.
- Catering for the whole group has several advantages including making the best use of available storage space, packing the right amount and types of food, and optimizing cooking procedures and other logistics.
- Special dietary requirements or vegetarian options are easily accommodated.
- On most of these journeys, freshly caught seafood will likely feature as additional ingredients!
- A proposed menu will be discussed with you by phone or email, and preferences confirmed prior to your departure date.
- Your Guide will have all provisions ready for packing on the morning of departure, and these and other group gear will be allocated amongst all kayaks in the group.

2. SELF CATERED OPTION:

- For a self-catered party the major differences are that you will need to provide suitable food for all persons in the group, whilst your Guide will supply some or all of the cooking gear as required.
- Some of this group gear will need to be distributed amongst the kayaks in the group, so keep this in mind when calculating storage space. Some useful tips for menu planning and packing include:
 - choose meals with high nutritional value that are easily prepared.
 - plan meals so there is no wastage of ingredients, by considering amounts required and which items need to be eaten first.
 - choose items which are easily packed and which will stay in good condition.
 - avoid items which generate unnecessary rubbish and repackage items to reduce bulk.
 - include plenty of high energy and pre-prepared snack foods.
- On the morning of departure you need to have all foodstuffs packaged in small parcels ready for stowage. It is a good idea to bag ingredients for certain meals together so they are easily found, and items required for other meals can remain packaged and watertight.
- Once you have a menu established, please advise us on the cooking equipment you require. You are welcome to discuss the types and amounts of food you have in mind with us at any time!