

## Food Planning - 4 Day River Spey

	Day 1	Day 2	Day 3	Day 4
<b>Breakfast</b>	<b>Good breakfast before meeting</b>			
<b>Lunch</b>				
<b>Dinner</b>				<b>Off water and finished by dinner time</b>
<b>Snacks</b>				
<b>Drinks</b>				
<b>Extra Supplies</b>		<b>Boat of Garten</b>	<b>Aberlour</b>	

**Top Tips:**

- 1/ Try avoiding dairy products and use UHT milk, powder etc,
- 2/ Where possible remove extra packaging to reduce bulk and having to carry rubbish,
- 3/ Transfer any products in glass jars into plastic or Tupperware to save broken glass,
- 4/ Take a water bottle that can be refilled up daily with your preferred diluting juice rather than taking lots of package drinks
- 5/ All food and cooking equipment for two people should be able to fit into a single 60lt canoe barrel