

Food Planning - 5 Day Great Glen

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Good breakfast before meeting				
Lunch					
Dinner					Off water and finished by dinner time
Snacks					
Drinks					
Extra Supplies		Well of Seven Heads	Fort Augustus		

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