

Food Planning - 4 Day Great Glen

	Day 1	Day 2	Day 3	Day 4
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