

Arctic Ration: 5500kcal	
Menu Items	Weight (g)
Chocolate Granola (Non Dairy) (FD)	100
Chicken Curry with rice	110
Bread and Butter Pudding (FD)	95
Pork Jerky - Original Flavour	35
Cheese and Onion Peanuts	100
Flapjack: Fruit and Nut	100
Apricot Oat Biscuit	50
Tuna Mayo Spread	75
Isotonic Drink (Mango)	50
Strawberry Oat Shake (2X 65g)	130
Chewing Gum X 6	8
Hot Sauce X 1	5
Dark Chocolate Bar 55% Cocoa	1
3-in-1 Coffee with Non Dairy Creamer (3X20g)	60
3-in-1 Tea with Non Dairy Creamer (3X20g)	60
Hot Chocolate	75
Spork X 1	10
Waterproof Matches and a striker X 5	15
Tissues X1	6
Resealable polybag X1	5
Salted Crackers	50
Raisins	100