Julie and Simon's GDT Food Drop Breakdown

This 'Food Drop' breakdown is created for two main reasons: 1) checklist as we fill each drop container, and 2) ensure caloric intake is proportionate to the size of the day (i.e. extra food for longer days)

JU-SI ADVENTURES
Get Lost in the Great Outdoors and Find Yourself

Cache #1 - [location]

Base Gear		Extras		Toiletries	
3 reg days (EA)	2,3,4	Maps	1,2	Hair brush	
1 long day (extra snacks)	5	Alcohol wipes	5	# Toothpaste	1
Cheese	8oz	Kenesio tape	2	Hand sanitiser	1
Pepperoni	8	Bandages	5	Camp soap	1
PB	1c	Medications	5	Crazy glue	
		Foil blanket	1		
Stove fuel	120 ml	Cash	TBD		

Cahe #2 - [location]

Base Gear		Extras		Toiletries	
1 reg day (EA)	6	Maps	2,3,4		
1 long day (extra snacks)	7			# Toothpaste tabs	8
Cheese	4oz				
Pepperoni	4				
PB	.5c				
lighter	1				
Stove fuel	60ml	Cash	TBD		

Cache #3 - [location]

Base Gear		Extras		Toiletries	
2 reg days (EA)	9,10	Maps	4,5		
		Alcohol wipes	2	# Toothpaste tabs	12
Rest (hot bkft & snacks only)	8	Kenesio tape	1		
Cheese-grocery	6 oz	Bandages	5		
Pepperoni-grocery	6	Medications	5		
PB	.5c				
Stove fuel	90ml	Cash	TBD		

Cache #4 - [location]

Base Gear		Extras		Toiletries	
4 reg days(EA)	11,12,13,16	Maps	6,7,8,9		
2 long days (extra snacks)	14,15			# Toothpaste tabs	24
Extra snacks	6			Hand sanitiser	1
				Camp soap	1
PB	1.5c			Crazy glue	
Lighter	1	Foil blanket	1		
Stove fuel	180ml	Cash	TBD		

Cache #5 - [location]

Base Gear		Extras		Toiletries	
1 day (EA)	21	Maps	10,11,12		
3 long days (extra snacks)	18,19,20	Alcohol wipes	2	# Toothpaste tabs	20
1 full rest (hot bkft)	17	Kenesio tape	1		
Extra snacks	5	Bandages	5		
PB	1c	Medications	5		
		L. Batteries	3	Battery pack	
Stove fuel	150ml	Cash	TBD		

Cache #6 - [location]

Base Gear		Extras		Toiletries	
5 days (EA)	22 to 26	Maps	12,13,14		
				# Toothpaste tabs	20
Extra snacks	5				
PB	1c				
Lighter	1				
Stove fuel	150ml	Cash	TBD		

Cache #7 - [location]

Base Gear		Extras		Toiletries	
5 reg days (EA)	28 to 32	Maps	14,15,16,17,18		
extra snacks	5	Alcohol wipes	2	# Toothpaste tabs	20
Rest day (hot bkft & snacks only)	27	Kenesio tape	1	Hand sanitiser	1
PB	1c	Bandages	5	Camp soap	1
Stove fuel	150ml	Medications	5	Crazy glue	
Lighter	1	Foil blanket	1		
		Cash	TBD		

Cache #8 - [location]

Base Gear		Extras		Toiletries	
1 reg day (EA)	34	Maps	18,19		
3 shrot days (hot bkft)	35 to 37			# Toothpaste tabs	20
Rest (hot bkft & snacks only)	33				
Extra snacks	5				
PB	1c				
New footwear& socks	2				
Stove fuel	120ml	Cash	TBD		

Cache #9 - [location]

Base Gear		Extras		Toiletries	
3 reg day (EA)	38,41,42	Maps	19,20,21,22		
1 short day (hot bkft)	39	Alcohol wipes	2	# Toothpaste tabs	20
full rest day (hot bkft)	40	Kenesio tape	1		
Extra snacks	5	Bandages	5		
PB	1c	Medications	5		
Stove fuel	150ml	Cash	TBD		

Cache #10 - [location]

Base Gear		Extras		Toiletries	
2 reg days (EA)	43,45	Maps	22,23		
1 short day (hot bkft)	44			# Toothpaste tabs	12
Extra snacks	3			Hand sanitiser	1
				Dry camp soap	3
PB	.5c				
Lighter	1				
Stove fuel	90ml	Cash	TBD		

2 Day at Base Camp - [location]

Base Gear		Extras		Toiletries	
1 reg day (EA)	1	Maps	1		
Transit days (snacks)	-2			# Toothpaste	1
Rest (hot bkft& snacks only)	-1				
	5				
	1c				
	2				
	90ml	Cash	TBD		

Road Trip

Base Gear		Extras		Toiletries	
City clothes		Maps		Tooth brushes	2
Footwear				# Toothpaste	2
		KOA reserv.		Masks	2
Cooler bags/grocery bags				under arm	1
Camp chairs	2			eye drops	1
Double burner					
Stove fuel	2L	Cash	TBD	Laundry soap	240ml

reg days JC/SL	Cliff/NatVal	Taco mac&cheese	A/8
Long days JC/SL	NatVal/Kirk	Jambalaya	B/8
Short days	Hot BKFT	Daal	C/12
Rest days	Hot BKFT	Stroganoff	D/10
Extra snacks JC/SL	Kirk	Chili	E/10