

Contents of a ' Rat Pack ' 1 person for 10 days

Description	Package Size	Comments
Muesli Toasted	1Kg	
Muesli Raw	750g	Eumarrah
Rolled Oats-Quick	340g	10 Sachets-Uncle Toby's
Ktime Breakfast Bars	6 per box	Kellogg
Milk Powder-Full Cream	400g Tin	Nestles/Diploma
Tea Bags	Packs 10	Twinnings Eng/Breakfast
Lemon Lifters	Packs 10	Liptons
Instant Coffee	Sachets	
Instant Coffee	50g	Nescafe Gold
Orange Tang	50g Sachet	
Sugar	Sachets	
Sweetened Condensed Milk	120g Tube	Nestles
Cup-a-Soup	single serve	Asst' Flavours
Cabin Bread Highway Beef	140g Pack 4	Paradise/ Arnott's PNG
Cabin Bread	100g Pack4	Paradise/ Arnott's PNG
Vita Wheat, Original	250g	Arnott's
Vita Wheat, 9 Grains	250g	Arnott's
Margarine	375g	
Butter	340g Tin	
Cheese, Kraft Processed	250g foil/pack	
Cheese, Baby Bell	5 per net	
Peanut Butter	200g	Plastic, Kraft/Sanitarium
Vegemite	Tube	
Jam, Apricot	250g	
Honey, Clear	Portions	
Dried Fruit Salad	200g	Robern Brand
Dried Apricots	200g	Angus Park
Dried Apple	200g	Tasmanian
Dried Fruit & Nut Mix	175g Jar	Angus Park
Muesli Bar	96 per CTN	Asst' flavours
Dark Chocolate, high Energy	5 X 150g?	
Dairy Milk Chocolate	5 X 150g?	
Fruit N' Nut Chocolate	5 X 150g?	
Hazelnut Chocolate	5 X 150g?	
Mars Bars	10	
Continental Pasta in Sauce	Portion for 4	Mushroom & Bacon
Continental Pasta in Sauce	Portion for 4	Sour Cream & Chives
Continental Rice	120g 4 Portion	Chinese
Continental Asian Rice	105g 4 Portion	Thai
2 Minute Noodles	85g	Asst' flavours
Salmon, Safcol/Greenseas	150g Foil	
Tuna, Safcol/Greenseas	150g Foil	
Deb Potato	115g 3 Serve	
Deb Potato with Onion	115g 3 Serve	
Long Grain Rice	750g	500g Possible??
Vetta Penne Pasta	400g	Express Cook 3 Min
Pesto, Basil	190g	Scala Brand
Surprise Peas & Corn	100g	
Surprise Peas & Carrot	100g	

Surprise Sliced Beans	100g	
Dried Onion	50g	Snap Lock Bag
Red Lentils	500g Jar	Snap Lock Bag
Leg Ham, Canned	200g	Plumrose
Chilli Sauce	Sachets	
Salt	Picnic size	
Pepper ground	Picnic size	
Can Opener, Army		1
Greenlight Matches	2 box	
Garbage Bag with wire tie	80Ltr	Black Plastic
Snap Lock Plastics bags	Large	
Cable Ties		4
Large plastic Liners		1 For lining each Fish Bin