



Menu

Team Members		

Day	Breakfast Must be hot	Lunch	Dinner Must be a cooked meal
Gold Prep. Day			
1	<i>Pre Expedition</i>	<i>May be made beforehand</i>	Pasta (500g dried)
2			<i>Silver & Gold</i>
3	<i>Silver & Gold</i>	<i>Silver & Gold</i>	Gold
4	Gold	Gold	