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PROVISIONING LIST

ADD OR DELETE ITEMS AS TO YOUR PERSONAL PREFERENCE / REGIONAL AVAILABILITY. NOTE THAT THIS TABLE IS INTENDED TO CALCULATE THE NEEDS OF ONE CREW MEMBER, MULTIPLY THE TOTAL BY THE NUMBER OF CREW MEMBERS, TAKING NOTE OF THE OBSERVATIONS COLUMN AND ADJUSTING APPROPRIATELY. ENSURE THAT ALL MEDICAL AND ALLERGY ISSUES ARE TAKEN INTO CONSIDERATION. SPACE HAS BEEN LEFT UNDER EACH HEADING FOR YOUR OWN PREFERENCES.

WEEK	1	2	3	4	TOTAL	OBSERVATIONS	SUPPLIER
BASICS							
WATER	14	14	14	14	56	<i>ALLOW 2LTS PER DAY PER CREW MEMBER. THIS IS DRINKING/COOKING WATER. ALLOW SUFFICIENT FOR OTHER PURPOSES SUCH AS WASHING UP/WASHING.</i>	EXAMPLE
GAS	1	1	1	1	4	<i>ALLOW 1LB OF GAS PER PERSON PER WEEK.</i>	EXAMPLE
WATER						<i>ALLOW 2LTS PER DAY PER CREW MEMBER. THIS IS DRINKING/COOKING WATER. ALLOW SUFFICIENT FOR OTHER PURPOSES SUCH AS WASHING UP/WASHING.</i>	
GAS						<i>ALLOW 1LB OF GAS PER PERSON PER WEEK.</i>	
ALTERNATIVE TO GAS	SHOULD THE WORSE HAPPEN, HAVE A SECOND OPTION AVAILABLE. MSR STOVE / BBQ / SINGLE GAS HOB						
GALLEY BASICS							
MATCHES & LIGHTERS						ALWAYS CARRY AT LEAST 5 LIGHTERS AND SOME WATERPROOF MATCHES.	
CLOTHS & T TOWELS						2 T TOWELS & 2 WASH UP CLOTHS PER WEEK MINIMUM	
KITCHEN PAPER						SUFFICIENT FOR VARIOUS APPLICATIONS	
WASH UP LIQUID						CHECK LOCAL ENVIRONMENTAL LAWS	
BLEACH/OTHER						CHECK LOCAL ENVIRONMENTAL LAWS	
TRASH SACKS							

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WASHING POWDER / LIQUID							
HAND SOAP							
DRINKS							
COFFEE						AVERAGE 125G FILTER COFFEE P/P P/W	
TEA						BLACK / GREEN / HERBAL? AVERAGE 4 BAGS PER DAY	
OTHER HOT DRINKS							
JUICE***							
SOFT DRINKS***						NOTE: JUICE/SOFT DRINKS/TEA ETC... ARE ALL PART OF DAILY FLUID INTAKE	
DRIED GOODS							
CEREAL***						TRY PORRIDGE AS A GOOD SLOW RELEASE ENERGY FOOD	
FLOUR							
CORN FLOUR						INSTANT THICKENING OF SAUCES / SUITABLE FOR GLUTEN INTOLERANT CREW	
FLOUR FOR BREAD							
CRACKERS***						IN ROUGH CONDITIONS, A LOT OF CREW MIGHT BE GLAD OF THESE, DON'T SKIMP	
PASTA						TAKE A MIXTURE OF DIFFERENT TYPES AND SPAGHETTI	

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RICE						LONG GRAIN FOR SAVORY / SHORT FOR SWEET PUDDINGS	
MASHED POTATO						CHEAP AND DISPOSABLE IF NEVER USED	
PACKET SOUPS						CHEAP AND DISPOSABLE IF NEVER USED	
PACKET SAUCES						CONSIDER USING UHT CREAM INSTEAD	
DRIED MILK						MAKE UP AMOUNT NEEDED FOR ONE DAY AT A TIME	
DRIED FRUIT***						GREAT FOR BREADS, SALADS, CURRIES AND SNACKS	
LONG LIFE PITTA / POCKETS***							
PART BAKED BREAD							
DRIED BEANS						CONSIDER USING JARS TO SAVE WATER AND GAS – DRIED BEANS CAN BE SPROUTED	
DRIED LENTILS						CONSIDER USING JARS TO SAVE WATER AND GAS	
SUGAR/SWEETENERS***							
DRIED COCONUT MILK						CONSIDER USING TINS OR JARS	
TINS & JARS							
TINS VEGETABLES***							
TINS MUSHROOMS***							
TINS HAM***							
TINS TOMATO***							
TINS/ JARS PATE***							
TINS TUNA / FISH***							

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UHT YOGHURTS***						PLAIN CAN BE USED EITHER SWEET OR SAVORY	
UHT DESERTS***						IN SOME PLACES TO BE FOUND IN CHILLED CABINETS, CHECK ITEM STATES UHT	
MEATS							
CHICKEN						UNLESS DEEP FROZEN EAT FIRST	
BEEF / MINCE							
BACON						TRY USING SMOKED – KEEPS BETTER	
HAM***							
CURED SAUSAGE & MEATS***						CHECK DATES AND FRESHNESS	
STORE CUPBOARD							
OIL							
SALT & PEPPER							
HERBS & SPICES *						CHECK DATES AND FRESHNESS	
BAKING SUNDRIES							
STOCK CUBES							

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VEGETABLES**							
POTATO						TRY A MIX OF SMALL NEW AND LARGE OLDER – STORE WITH AN APPLE TO PREVENT 'BUDDING'	
CARROTS***							
CABBAGE***						BUY HARDEST POSSIBLE	
ONIONS***						STORE SEPARATELY	
GARLIC***						STORE WITH ONIONS IF SHORT ON SPACE	
SALAD OPTIONS/LETTUCE/CUCUMBER/AVOCADO ETC***						IF RUNNING A FRIDGE, SALAD ITEMS FOR APPROX 1 WEEK CAN BE STORED. DO NOT WASH LETTUCE BEFORE STORING IN A FRIDGE	
RED/GREEN PEPPERS***						ADDS COLOR TO SOMETIMES BLAND LOOKING MEALS	
TOMATOES***						BUY GREEN, TRIAGE DAILY DO NOT STORE WITH BANANA	
ZUCCHINI***						SLICED THINLY MAKES GOOD ALTERNATIVE TO CUCUMBER – LASTS WELL	
FRUIT**							

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LIMES / LEMONS***							
APPLES***							
ORANGES***						GO FOR EASY PEEL	
BANANAS***							
PEARS***						TRIAGE DAILY	
GINGER						FOR EVERYTHING FROM CURRIES TO SEASICKNESS	
OTHER PERISHABLES							
BREAD***						SOME PACKET BREAD WILL LAST FOR AT LEAST 8 WEEKS – CHECK THE PACKAGING	
CAKES***						MOST CAKES BOUGHT OFF THE SHELF WILL HAVE A LONG SHELF LIFE DUE TO HIGH SUGAR CONTENT	
WRAPS***						FRIED WRAPS MAKE GREAT ADDITIONS TO CURRIES – GREAT VERSATILE STARCH	
PIZZA BASE						TRY BUYING LONG LIFE	

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SUNDRY ITEMS							
FOIL/CLING FILM							
ZIP LOCK BAGS							
LIDDED CONTAINERS							
IMPLEMENTS	TIN OPENER ETC...						
TOILETRIES							
TOILET PAPER						allow 1 roll p/p p/w	

* IS SUBJECT TO INDIVIDUAL TASTES AND CONSUMPTION - CHECK WITH CREW MEMBERS

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** CHECK STOWAGE NOTES [HERE](#)

*** ITEMS THAT CAN BE EATEN COLD - EITHER TO SAVE GAS OR IN AN EMERGENCY SITUATION

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