

SaharaSafaris



Complete Guide to the Logistics of Food Provisions for Serious 4x4 Expeditionaries

This document for everybody and not only those into 4x4s! Your feedback is most appreciated! :) Everybody knows that food is an important joy in 4x4 safaris. Some 1-day picnics could be for barbeques only. But for more, you'll need to take certain things seriously and prepare like a pro. Here's my way of doing things in safaris. Use it as a start and let us know else that you've added and enjoyed. :)

Leader of the safari should assign two to handle the rations entirely. They'll be called Rations Officers.

Using this method should take the two rations officers about 2 hours to make the calculations and listing and 4-5 hours to do the purchasing and packing in bags as will be explained.

Although this has been a fruit of SaharaSafaris community experience of hobbyist 4-wheeling but it's for all who want to use it. Please email it to everybody you think might need to use it. Asking for help from safarists on SaharaSafaris forum on the web is also a very good idea since many have helped before.

CALCULATIONS STAGE

You start off by counting your meals:

	Day 1	Day 2	Day 3	Day 4	Total
Breakfast	Felfela Haram	1	1	1	3
Lunch	1	Bayoumi - Wahat	1	Bayoumi	2
Dinner	1	1	1	Road 2 Cairo	3

Each meal will be packed in double garbage bag:

- Breakfast in blue (early morning of blue sky)
- Lunch in white (noon's sky becomes white because of the Sun)



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- Dinner in black bags

Bags will be thrown in cars and brought out at time of meal with proper color.

Choose a shaded area near cars with some good view, spread the disposable Mafrash plastic, mark a garbage bag near the Mafrash and bring 3 or more bottles of water. Open the bag and put similar cans together and open them one by one so that you can save what's left for later. Enjoy! :) then pack the garbage please and put back in car.

To be able to do that, you'll have to:

- Calculate with some accuracy how much cans in each meal for the number of travelers in the safari. More than needed will load cars with unneeded load, less will leave people irritated. Water and Gas must exceed your calculation with certain factor of safety.
- Make good alternatives and good variety (fruits and snacks?)
- Make good food packable (ie, could survive the beating of the offroad without becoming horribly unusable in the packing) and storable in your 4x4s. VERY important aspect for rugged terrains or you'll end up losing your food.
- No fridges so don't bring anything that needs storage in one like cold-cuts (that's why cans are the best)
- Remember that SaharaSafaris policy of drivers-out which means 4x4 owners will be excluded from gas and food for safaris.
- Collect some downpayment from people around 30 LE/person.day for food only (excluding the 4x4 owners)

Now you start calculations of each of the meals.

First here's the list of items of food that seemed to be packable and diversified enough:

LE *	Items
	Large Lubnani white bread bag (it stays soft for days unlike other types of bread)
2.75 - 3.95	Foul Can
4.49	Sausage Can
11.45	Chicken Luncheon Can
2.15 - 4.15	Harvest Cans
5.6 **	Noodles (must have its Cup in its pack)
4.85 - 5.25	Fita white cheese
	Bottled water
4.75 - 5.25	Sweet Corns Cans
3.80 - 4.35	Tuna Cans
6.29 - 6.85	Salatuna Cans
8.79	Tuna in water
2.70	La vache qui ri Cheese triangles
7.95	Pineapple Kumpote cans

* Prices Awlad Ragab Tel 7544449 - 0800881234 - info@ragabsons.com as of 2003/12/29

** Not Awlad Ragab



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Fruits should be added in the form of boxes (normally every 10 persons can consume a box for 3 days. A box is about 20 kgs for LE 70) that has:

- Tangerine
- Oranges
- Apples

More items are:

LE	Items
1.5	Marie biscuits
13.95	Halawa Tehinia
14.65	Tea bags 100bags Lipton
13.25	Capuccino bags 10
2.20	Sugar 1 kg
2.15	Heinz Ketchup (200gm)
13.95	Creamer
1.25	Nido powder milk 40 gm
20.75	Nescafe 200 gm
--	Slices of carrots and cucumber
4.15	Kitchen Tissues
12.25	24 toilet paper rolls
2.70	1 litre Coke or Fanta bottles
4.00	Garbage bags roll
13.95	Energizer Alkaline batteries (6)
5.25	Plastic sheets (mafrash) roll

Water Bottles:

- 2 bottles/person.day

This covers all needs of drinking, washing for praying, etc (emergency water for cars should be on separate amount. **Try to buy this and as many food as you can from the nearest village to your camp: Locals of your safari area deserve to benefit from your traveling than Metro or Awlad Ragab.**

LE	Items
	12 bottles box

Bonfire, etc items are:

- bag of at least 10 kilos of firewood (with enough thin pieces to start fire and large pieces to create Gamr for heat)
- candles (at least 5 for every night spent in camping)
- a new torch for emergencies
- batteries for torches, GPSs and walky-talkies



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- Matchboxes - lighters
- 3 colors of garbage bags
- Emergency dishes, forks and spoons and cups
- Big kettle for noodles and tea water
- Butagas with strong flame good enough for boiling water in large kettles
- Pan for heating Foul, etc.

Each person could provide their personal items as following:

LE	Items
2.05	Disposable dish 10
0.80	Disposable cups
0.75	Disposable Utensils (spoon, fork, and knife 10)
25	Car mug (plastic and with lid)
--	Mug
--	Tea thermos for long days in car
--	Sleeping bag (maybe additional blanket for inside guarantee of warmth) and thermal mat underneath
--	Ice cap, gloves and probably camel hair socks for cold nights

Breakfast (cold normally)

Now each breakfast (cold) should have those approx amounts placed here **per person** (multiply by number of ALL participants):

Amount	Item
1 leaf (reghif)	Bread
0.1 pack	Fita white cheese
0.2 can	Foul Can
0.1 pack	Biscuit Marie
0.25 can	Sausage

Amounts are approximated up after multiplying.

You'll multiply the amounts by total number of participants and multiply them by the number of breakfasts found the first table above and note those numbers down as part of the buying list you're going to shop for.

Lunch (Cold normally):

Amount	Item
2.5 leaf (reghif)	Bread
0.25 can	Sausage
0.25 can	Sweet Corn
0.1 can	Chicken Luncheon



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0.15 can	Harvest Can
0.25 can	Tuna

Dinner (Hot normally):

Amount	Item
2.5 leaf (reghif)	Bread
0.5 pack	Noodles
0.1 can	Foul Cans
0.1 pack	Fita White Cheese
0.25 can	Sausage cans
0.25 can	Harvest Can
0.1 can	Sweet Corn
0.1 pack	Lavachequiri Cheese pack
0.25 bottle	Coke/Fant bottle (1 liter)

Important Notes (Read Carefully)

- Remember that the above is not what each person eats but the average from the sum of all consumption. For instance, 1 leaf of bread mentioned here means that there will be one who eats two loaves of bread and another eats zero.
- Above is based on a group of half girls and half guys. Based on experience girls eat less so you might like to compensate that if your group is different.
- Items are not all to be consumed in one meal. For instance, those who take noodles are not expected to eat everything else on the menu above, but maybe a bit from here and bit from there.
- Noodles have been found to be a famous meal for camps dinners! :) Please not that City people are used to too much amounts which they can throw away after finishing their dinner but that is meaningless in safaris (wasted money and space in cars and wasted food for nobody's benefit). Since they'll complain if you make noodles exclusively for dinner, you have to add other items in menu. It's okay to make for such wanted items a count that ensures that their total number over all nights are more than the total number of participants so if you miss the noodles in one night, you will guarantee for them at least one before safari is over. If the demand recurred over several safaris you can make a surprise night of All-Noodles dinner or whatever popular in your group. Make that after several safaris of disappointments for not having enough noodles. Jokes (even if were thrown at you) could make people enjoy so try to make them happy. :)
- If you have one item like Harvest Cans that has many types of food in it, you can spread the count over as many types as possible and place randomly in meals' bags.



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- Be creative in your choices so if you found something that isn't mentioned in the list but could fit in the menus (eg, Salatuna) you can swap it with some of the amounts of Tuna.
- Email this document if you wish with all your friends even if they don't intend to make safaris soon. Ideas here have inspired people to organize trips just to have the fun of organizing the food and its pleasures and surprises.
- Print this entire document, add your notes to it every time you're organizing a safari and send the notes to saharasafaris@yahogroups.com so that we can all learn more from each others experiences. :)

SHOPPING NIGHT

Most enjoyable! Take friends to help and enjoy the process as we all enjoyed spending a thousand pounds in one night. Choose place where noodles are sold in cups. Also ask for an area in which you can pack all your stuff in bags before you leave. Metro, Awlad Ragab, Carrefour, etc are good places for that. By end of the night, you should have one of the 4x4s to carry all the stuff and keep it until day of loading the 4x4s. Make sure it won't be more than 2 days before the starting day of the safari.

CAMPING

- Never forget to collect everything in garbage bags that won't cut for the sharp edges of opened cans. You might like to use garbage bags of nylon fabric. Clear the contents of the cans so they won't leak from the bags over your car. If away from beaten roads you can throw all eatable matters that wildlife might consume or get biodegraded, but even this is wrong near roads or near towns.
- If at well, don't throw any water you took from the well back in it: this pollutes the well and stirs the dust in its bottom needlessly. Actually throwing water at soil surrounding the well insures that it's back to the groundwater and filtered by the sand in the process to be cleaner again. It also ensures that the well water is running and replenished.
- Don't put any other open bags near garbage bags, they'll be used as garbage too.
- In addition to meals' bags, there should be other bags for: tea, towels, dishes, and biscuits, etc. Also, another bag for bonfire needs. Water bottles should be left in their own boxes and every empty bottle put back in box to support it during packing or it'll collapse if half empty.

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