

PROVISIONING CHECKLIST					
Trip date	from	to	# days	#crew	
	#, liters, kg		#, liters, kg		#, liters, kg
Basic foodstuffs		Spices		Dairy	
Bread		Chilli peppers		Eggs	
Bread mix		Chilli powder		Butter	
Croissant mix		Garlic		Feta	
Rice		Oregano		Yoghurt	
Spaghetti		Paprika		Instant milk powder	
Pasta		Paprika			
Noodles				Drinks	
mashed potatoes		Cereals		Bottled water	
		Muesli		Tea	
Vegetables		All Bran		Green tea	
Onions		Corn Flakes		Coffee	
Salad				Hot chocolate	
Lettuce		Jams etc		Sugar	
Cabbage		Jams		Sugar cubes	
paprika's		Marmalade		Coffee creamer	
Cucumbers		Marmite		Squash	
Red peppers		Peanut butter		Fruit juice	
Spring onions		Honey		Soda's	
		Chocolate spread		Beer	
Tinned/bottled		Sandwich spread		Red wine	
Peas				White wine	
Mushrooms		for lunch		Rosé wine	
Sweetcorn		Salami			
Baked beans		Meat balls		Fruit	
Pickled onions		Liver pate		Oranges	
Black beans		Corned beef		Apples	
Broad beans		Ham		Bananas	
Kidney beans		Pate			
Sun-dried tomatoes		Cheese			
vacuum		Tinned		Kitchen consumables	
Freeze dried food		Tuna		Paper towels	
chicken		Anchovies		Rubber gloves	
Minced meat		Sardines		Washing up liquid	
Beefburgers		Mackerel		Washing up brush	
Hamburgers				Pan scourers	
Pizzas		Soups		Kitchen sponges	
		Vegetable		Aluminium foil	
Additive ingredients		Tomato		Kitchen roll	
Salt (table)		Mushroom		Household cleaner	
Salt (sea)		French onion		Oven cleaner	
Black pepper		Chicken		Rubbish bags	
White pepper		Beef		Matches/lighter/gas	
Olive oil					
Cooking oil		Sweets/biscuits		Bathroom consumables	
Gravy [jus]		Chocolate/sweets		Loo paper	
Vinegar		Biscuits		Disinfectant	
Salad dressing		Cakes		Bathroom cleaner	
Mustard		Crisps/tortillas		Air freshener	
Bouillon		Dips		Loo brush	
Tomato puree		Cereal bars		Loo cleaner/bleach	
Pasta sauce		Nuts		Tissues	
Sauce sachets				Hand wipes	
Cheese powder				Washing powder	
				Biotex	
Personal					
Soap		Aftersun		Various	
Shampoo		Comb/hairbrush		Lightbulbs	
Shower gel		Scrubbing brush		Pens	
Suntan lotion		Personal medicines		Pencils	
Toothpaste		Sunglasses		Ruler	
Shaving cream		Hat		Eraser	
Razors/razor blades		Sewing kit		Sellotape	
Face cream		Roache prufe			
Deodorant					