

Drinks

Trail Milkshake

100g powdered milk in a ziplock bag

3½ cups water

3-4 tablespoons chocolate sauce or caramel syrup in a nalgene container

Sugar to taste in a film canister or small ziplock bag

Dilute the powdered milk in the water, then pour the milk into a water bottle. Add the chocolate or caramel sauce and sugar. Then shake to mix all the ingredients.

Hot Jelly

Packet of jelly crystals

Mix the jelly crystals in a mug of boiling water. Stir until dissolved. Drink while hot.

Great at the end of a long cold day – gives you energy to set up camp and cook dinner.