

Drop	Thirds	Halves	Carry Weight	Total Weight	Food Drop Meal	Over-Nights	Keto Muesli	Melrose MCT Oil Powder	Non-Keto Muesli	Keto Scroggin	Non-Keto Scroggin	Mini Wrap	Cheese Sticks	Dried Tomato	Empower Wraps	Salami	100% True Fruit	Lunch Bar	Keto Lunch Bar	FatBomb	PM Tea Bar	PM Tea Keto Bar	PM Bar	KetoGenic Bar	ReVitalise Electrolytes	HydroPlus Electrolytes	Dinner Chewy Granola Bar	Amaze Balls	FreezeDried Tuna Dip [Camper
			Kg/day	kg	kg	ea	day	gm	day	ea	ea	bag	ea	gm	bag	gm	ea	bar	bar	bag	bar	bar	bar	bar	gm	gm	bar	pk	double
Wilpena Pound Campground Drop	 1	1	1.57	7.9	0.0	5	5	50	5	5	5	1	24	17	1	350	6	6	6	3	4	4	2	2	52	70	0	2	4
Buckaringa Nth Campsite Drop	 1	1	1.67	8.4	0.0	5	5	50	5	5	5	1	20	17	2	350	5	5	5	3	5	5	1	1	52	60	0	0	4
Pichi Richi Park Drop	 1	1	1.18	5.9	1.9	5	4	40	4	4	4	1	12	6	1	250	3	3	3	2	1	1	2	2	42	50	0	0	3
Mambray Creek Camp Drop	 1	1	1.42	4.3	1.6	3	2	40	2	2	2	1	12	6	1	150	3	3	3	1	3	3	0	0	21	20	0	0	1
Melrose Caravan Park Drop	 2	1	1.50	6.0	0.0	4	4	80	4	4	4	1	16	11	1	300	4	4	4	2	2	2	1	1	42	50	0	2	4
Crystal Brook Caravan Park Drop	 2	1	1.77	7.1	0.0	4	4	80	4	4	4	1	16	11	1	300	4	4	4	2	2	2	2	2	42	50	0	2	3
Spalding Hotel Drop	 2	1	1.38	11.1	0.0	8	7	140	7	6	6	1	24	17	1	350	6	6	6	4	4	4	1	1	73	70	0	2	6
Burra Caravan Park Drop	 2	2	1.52	10.7	0.0	7	7	180	7	7	7	2	24	11	2	400	6	6	6	4	4	4	4	4	73	70	0	2	6
Kapunda Tourist Park Drop	 3	2	1.62	8.1	0.0	5	5	150	5	5	5	1	16	11	1	300	4	4	4	3	4	4	0	0	52	50	0	0	4
Scotts Shelter Campsite Drop	 3	2	1.78	5.4	0.0	3	3	90	3	3	3	0	12	6	1	150	3	3	3	2	2	2	1	1	31	40	0	2	3
Woodhouse Activity Centre Drop	 3	2	1.57	6.3	0.0	4	4	120	4	4	4	1	16	11	1	200	4	4	4	3	2	2	3	3	42	60	0	0	3
Heysen's Rest B&B Drop	 3	2	1.43	7.2	1.6	5	4	120	4	4	4	1	16	11	1	300	4	4	4	3	4	4	1	1	42	40	0	0	3
Balquhidder Campsite Drop	 3	2	1.52	4.6	0.0	3	3	90	3	3	3	1/8	12	6	0	150	3	3	3	2	2	2	0	0	42	30	0	2	2
In Pack	 1	1	1.65	6.6	0.0	4	4	40	4	4	4	1	12	6	1	150	3	3	3	2	0	0	1	1	42	50	0	2	3
Total			1.53	99.3	5.07	65	61	1270	61	60	60	13.1	232	147	15	3700	58	58	58	36	39	39	19	19	648	710	0	16	49

Drop	Olina's Cracker	Cheese Brie	Vintage Cheddar	Tomato Relish	FreezeDried Soup [BackCountry]	Dehydrated Keto Soup #2	Dehydrated Keto Soup #1	Dehydrated Keto Soup V	FreezeDried Meal [CampersPack]	FreezeDried Meal [Vegetarian]	FreezeDried Cheese [CampersPack]	FreezeDried Desert [BackCountry]	FreezeDried Desert [CampersPack]	BSC Low Carb Bar	Justine's Protein Cookie	Well Naturally Chocolate	NoWay Hot Chocolate	Keto Loaded Coffee	Tea bags	Decafe Tea bags	Tablets	Gas [230]	Gas [450]	Wilderness Wash	Tidy Bag	Walking Water Tablets	Water Tablets	Panadene Forte	Paracetamol
	ea	gm	gm	gm	single	single	single	single	double	double	gm	single	single	bar	ea	block	gm	gm	bag	bag	day	bottle	bottle	bottle	bag	ea	ea	ea	slve
Wilpena Pound Campground Drop	4	0	0	0	4	3	0	1	3	1	40	4	0	1	3	2	80	80	16	12	5	0	1	0	1	25	2	5	4
Buckaringa Nth Campsite Drop	4	125	0	125	5	4	1	0	5	0	40	4	1	1	4	3	100	90	15	15	5	0	1	0	1	25	2	5	4
Pichi Richi Park Drop	4	125	0	125	4	3	1	0	4	0	40	3	1	1	3	3	80	55	12	9	4	0	0	1	1	25	3	5	4
Mambray Creek Camp Drop	4	125	0	125	2	1	1	0	2	0	40	1	1	1	1	2	40	35	6	7	2	0	1	0	1	15	3	3	3
Melrose Caravan Park Drop	4	0	0	0	4	3	0	1	3	1	40	4	0	1	3	2	80	65	13	10	4	0	0	1	1	20	4	4	2
Crystal Brook Caravan Park Drop	8	125	0	125	4	2	1	1	3	1	80	3	1	2	2	3	80	55	13	10	4	0	1	1	1	20	4	4	2
Spalding Hotel Drop	8	125	0	125	7	5	1	1	6	1	80	6	1	2	5	4	140	110	22	18	7	0	1	1	1	40	5	8	7
Burra Caravan Park Drop	8	125	0	125	7	5	1	1	6	1	80	6	1	2	5	4	140	110	22	18	7	0	0	1	1	35	5	7	6
Kapunda Tourist Park Drop	4	125	0	125	5	4	1	0	5	0	40	4	1	1	4	3	100	85	15	14	5	0	1	1	1	25	6	5	4
Scotts Shelter Campsite Drop	4	0	0	0	3	2	0	1	2	1	40	3	0	1	2	2	60	50	10	8	3	0	1	0	1	15	7	3	3
Woodhouse Activity Centre Drop	4	125	0	125	4	3	1	0	4	0	40	3	1	1	3	3	80	60	12	10	4	0	0	1	1	20	7	4	4
Heysen's Rest B&B Drop	4	125	0	125	4	3	1	0	4	0	40	3	1	1	3	3	80	70	12	12	4	0	1	0	1	25	8	5	4
Balquhidder Campsite Drop	8	125	0	125	3	1	1	1	2	1	80	2	1	2	1	2	60	40	10	8	3	0	0	0	1	15	8	3	3
In Pack	8	125	0	125	4	2	1	1	3	1	80	3	1	2	2	3	80	45	13	8	4	1	0	0	1	20	1	4	4
Total	76	1375	0	1375	60	41	11	8	52	8	760	49	11	19	41	39	1200	950	191	159	61	1	8	7	14	325	65	65	54

Drop	Ibuprofen	Tissues	Boiled Lollies	Toilet Paper	Hand Sanitiser	Sunscreen	Soap	T/Paste Tablets	Toothbrush	FD Keto	FD Non-Keto	FD Vegetarian [K]	FD Vegetarian [NK]	FD Note / Modifications	Provision 1 [K]	Provision 1 [NK]	Provision 2 [K]	Provision 2 [NK]	Provision 3 [K]	Provision 3 [NK]	Maps	Probiotic	Thyroxyn
	slve	pack	each	roll	bottle	tube	refills	ea	ea	day	day	day	day	notes	bag	bag	bag	bag	bag	bag	maps	ea	ea
Wilpena Pound Campground Drop	2	2	10	0	0	0	0	10	0	0	0	0	0		0	0	0	0	0	0	8B; 8A; 7D; 7C 7B;	5	5
Buckaringa Nth Campsite Drop	2	2	10	1	0	0	0	10	0	0	0	0	0		0	0	1	1	0	0	7A; 6D; 6C 6C;	5	5
Pichi Richi Park Drop	2	2	10	0	1	1	0	10	0	0	0	1	0		0	0	0	0	1	1	6B; MRNP	5	5
Mambray Creek Camp Drop	1	1	0	1	0	0	0	6	1	1	1	0	0		1	1	0	0	0	0	MRNP; 6B	3	3
Melrose Caravan Park Drop	1	1	10	0	0	0	1	8	0	0	0	0	0		0	0	0	0	0	0	6B; 6A; 5B	4	4
Crystal Brook Caravan Park Drop	1	1	8	0	0	0	0	8	0	0	0	0	0		0	0	1	1	0	0	5B; 5A	4	4
Spalding Hotel Drop	3	2	10	1	1	1	0	16	0	0	0	0	2	Add Breakfast from Heysen Rest	0	0	0	0	1	1	4C; 4B; 4A: 3D	8	8
Burra Caravan Park Drop	3	2	16	1	0	0	0	14	0	0	0	0	0		0	0	0	0	1	1	3D; 3C; 3B	7	7
Kapunda Tourist Park Drop	2	2	8	0	1	1	1	10	1	0	0	0	0		1	1	0	0	0	0	3A; 2D	5	5
Scotts Shelter Campsite Drop	1	1	14	0	0	0	0	6	0	0	0	0	0		0	0	1	1	0	0	2C; 2B	3	3
Woodhouse Activity Centre Drop	2	1	14	1	0	0	0	8	0	0	0	0	0		0	0	0	0	1	1	2B; 2A; 1D: 1C	4	4
Heysen's Rest B&B Drop	2	2	2	0	1	1	0	10	0	1	1	0	-2	Move Breakfast to Spalding Hotel; Dinner must be Tuna Mornay	1	1	0	0	0	0	1C; 1B	5	5
Balquhidder Campsite Drop	1	1	8	0	0	0	0	6	0	0	0	0	0		0	0	1	1	0	0	1B; 1A	3	3
In Pack	2	1	8	1	1	1	1	8	0	0	0	0	0		1	1	0	0	0	0	8D; 8C; 8B	4	4
Total	25	21	128	6	5	5	3	130	2	2	2	1	0	2	4	4	4	4	4	4	0	65	65

Drop	Folic Acid	Iron	Calcium	VagiFem	Writing Book	Immune 4	Magnesium & Calcium	Magnesium Transporters	Potassium Plus Iodine	Vitamin K	Beef Liver Capsules	Chap Stick	Candles	Maintenance Pack	Repair Pack	Claudio's Smiths Chips	Garbage Bags	Freezer Bags	Containers	Bucket Required	Food Drop Buckets - 10L	Food Drop Buckets - 20L	125gm Tomato Relish 40gm Tahini (2 == 60 gm total) 80gm Capsicum Relish 72gm Korma Paste					
	ea	ea	ea	ea	pages	ea	ea	ea	ea	ea	ea	day	each	each	each	pk	ea	ea	ea	Y/N	10L	20L	ea	ea	ea	ea		
Wilpena Pound Campground Drop	3	3	5	2	20	10	10	5	5	5	32	0	2	0	0	1	2	99	0	0	1	1						
Buckaringa Nth Campsite Drop	3	3	5	2	work	10	10	5	5	5	40	0	2	0	1		2	101	1	1	1	1	1					
Pichi Richi Park Drop	3	3	5	2	20	10	10	5	5	5	32	0	2	1	0		2	93	4	0	1	1	1	2	1			
Mambray Creek Camp Drop	2	2	3	1	12	6	6	3	3	3	16	0	1	0	0		1	90	5	1	0	1	1	2	1	1		
Melrose Caravan Park Drop	2	2	4	2	16	8	8	4	4	4	28	0	2	0	1	1	2	122	0	0	1	1						
Crystal Brook Caravan Park Drop	2	2	4	2	16	8	8	4	4	4	28	1	2	0	0	1	2	121	1	0	1	1	1					
Spalding Hotel Drop	4	4	8	3	32	16	16	8	8	8	52	0	3	1	0	1	2	225	1	0	0	2	1					
Burra Caravan Park Drop	3	3	7	2	28	14	14	7	7	7	52	0	3	0	1	1	2	247	1	0	0	2	1					
Kapunda Tourist Park Drop	3	3	5	2	20	10	10	5	5	5	40	0	2	0	1	1	2	200	1	0	1	1	1					
Scotts Shelter Campsite Drop	2	2	3	1	12	6	6	3	3	3	20	0	1	0	0		2	123	0	1	0	2						
Woodhouse Activity Centre Drop	2	2	4	2	16	8	8	4	4	4	32	0	2	0	1	1	2	162	1	0	1	1	1					
Heysen's Rest B&B Drop	3	3	5	2	20	10	10	5	5	5	32	1	2	1	0		2	168	5	0	1	1	1	2	1	1		
Balquhidder Campsite Drop	2	2	3	1	12	6	6	3	3	3	24	0	1	0	0		1	122	1	1	0	1	1					
In Pack	2	2	4	2	16	8	8	4	4	4	28	2	2	0	0		1	80	1	0	0	1	1					
Total	36	36	65	26	240	130	130	65	65	65	456	4	27	3	5	7	25	1950	22	4	1	5	11	6	3	2	0	0