

CAMPING WITHOUT A REFRIGERATOR OR ESKY.

(WITH A SPECIAL EMPHASIS ON KAYAK
CAMPING)

Hint - Yes, it can be done!



CANOE ADVENTURES - RIVERLAND

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Welcome!

South Australia's Riverland is one of the coolest stretches of the Murray River, with a wealth of wetlands to explore and a wonderful variety of scenery - cliffs, lagoons, narrow winding creeks, majestic river etc. There are places where you can go for days, seldom seeing another person. And the best way to do it? By kayak of course! Our touring kayaks will carry a huge amount of gear - but bulky eskies can be an issue! An esky won't fit in a single kayak and only a small-to-medium esky can fit in a double kayak. (A canoe will fit an esky without trouble.)



ABOUT CANOE ADVENTURES - RIVERLAND

In 2022 we reach our 10th year in business, offering school group Outdoor Ed. instruction and gear supply; hire of canoes and kayaks; guided kayak tours; corporate outings; and one of our favourites: setting people up for kayak camping expeditions, with route advice, equipment hire, maps, and logistical assistance.

We're so used to having cold storage on hand, in the form of fridges and ice-filled eskies, that we can feel a bit lost when those things are not available to us.

Don't let that cause stress when you are planning meals for your multi-day kayak camping expedition. The following lists provide alternatives to the usual fridge-reliant camp foods.

Kym and Karen Werner

A GUIDE TO CHOOSING COLD FOOD REPLACEMENTS.

Things to keep in mind when planning your kayak camping menu are that weight doesn't matter too much, but bulk does.

MILKS

- ☐ UHT (Long Life) milk. 200mL packs are available, and even single serve portions for just your cuppa.
- ☐ powdered milk

PROTEINS

- ☐ Tinned (or pre-cooked and dehydrated) Chickpea, Lentils, Kidney Beans etc
- ☐ Eggs (fresh, unwashed, home-laid last longest)
- ☐ Tinned tuna or other fish in single serve packs.
- ☐ Tinned meats, e.g. braised steak in single serve packs.
- ☐ nuts and seeds.
- ☐ protein powders.
- ☐ processed salami-type meat products, jerky.

VEGETABLES

- ☐ fresh carrots, potatoes, onions and beetroot are some vegetables that will keep for several days
- ☐ dehydrated (e.g. surprise peas or corn) or tinned vegetables

CARBOHYDRATES - (LESS OF AN ISSUE AS THEY OFTEN DON'T REQUIRE REFRIGERATION)

- ☐ bread or flat-bread may last for a few days (depending on the temperature and the amount of preservative),
- ☐ dried crispbread like Ryvita, Salada etc.
- ☐ rice, quinoa, spaghetti, noodles, macaroni
- ☐ pre-cooked rich sachets and deeb potato cook more quickly than regular.

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FRUITS

- ☐ fresh for a few days, then dried, tinned or UHT plastic packed

EASY FULL MEALS

- ☐ Supermarket prepared meals – have a look in the rice section, the tuna section, at the dried soups, and the tinned soup/tinned meat sections. We enjoy the Sirena brand tuna meals for our lunches.
- ☐ If you have your own dehydrator – simply dehydrate your own full meals – make sure you read up first online – e.g. fatty foods don't store well.
- ☐ Our first night's meal is always leftovers like spaghetti bolognese, frozen into a block, wrapped in plastic, and then layers of newspaper. (In winter - this will even work for the second night)
- ☐ Freeze dried full meals from camping shops - expensive but convenient.

Bringing fresh fruit or vegetables into the Riverland

Be aware that you can't bring fresh fruit or vegetables into the Riverland unless you have an itemised receipt that proves that you bought them in South Australia (from time to time there is a complete prohibition on fruit or vegetables from specific suburbs because of fruit-fly outbreaks).

Fresh fruit and vegetables are available at several fruit stalls on the way to Berri, at Berri supermarkets (Coles, Woolworths, Aldi) or Foodland Barmera (Waikerie, Loxton & Renmark each have two supermarkets).



WANT TO LEARN MORE?

Wondering what else you need to pack besides food?
Take a look at <https://canoeadventure.com.au/blog/kayak-camping-and-canoe-camping-in-south-australia/> for more information on what to pack, and to download a gear list.

A WORD ON DRINKING-WATER.

Preferably don't drink the river water unless you boil or filter it first.

10L boxed water from the supermarket works well - dispose of the box and use just the bladder, fitting it behind the kayak seat.

Alternatively, we use something very similar, but reinforced: the Sea to Summit Pack Tap - <https://seatosummit.com/product/pack-tap/>

Depending on the season, make sure you have 2 to 5 litres of water per person per day for drinking and cooking. River water is fine for washing yourself and your dishes. A collapsible bucket comes in very handy to collect it, but folds down flat for packing into the kayak.