

RR Shopping 2025

General food list (8-10 people for a week – (i.e. 56-70 person days)

In red - to be discussed at pre-trip meeting regarding specific requirements

Shopping	Number/amount	Use
Baked beans	2 tins	Breakfast
muesli	1500g normal fruit muesli NO SUGAR this is no longer (not available in Aldi	Breakfast
Muesli (swiss style)	500g NO SUGAR	
porridge	1 kg – don't get the very cheapest, it doesn't cook properly	
Marmalade	1 jar	Breakfast
Jam	1 jar	Breakfast
Honey	1 squeezey is preferable, much less messy	Breakfast
Marmite	1 jar	
Peanut butter	1 jar -no sugar	Lunch
Tinned fish	1 or 2 tins – how many fish eaters??	Lunch
Pickle	1 jar	Lunch
Mayo	1 jar	Lunch
Salt	1 tub - (there may be one of these in the RR stock – if available)	General
Pepper pot	1 – (there may be one of these in the RR stock – if available)	
Sunflower oil	1 bottle	General
Olive oil	a small bottle – if available, not essential	General

Shopping	Number/amount	Use
Eggs	2 dozen	Breakfast
Butter	4 packs	Breakfast
Spread	1 500g	
Plain yoghurt	3 large pots (standard 500ml (or 2 XL Lidl pots)	Breakfast
Fruit juice	1 carton – (or 2 - can get 2 nd during week if needed)	Breakfast
Hummous	2 tubs	Lunch
Cordial of some type	1 bottle	general
Cucumber	x2	Lunch
Iceburg lettuce	x 1	Lunch
ready washed baby spinach	1 large bag (useful for sandwiches so only get if ready washed)	Lunch
carrots	1 bag – useful for lunch/sandwiches	Lunch
Tomatoes	2 packs, whatever type best for lunches	Lunch
Cheese	3 large blocks (350/400g) include/mostly mature cheddar	Lunch
Apples	x 30	Lunch
Pears	x 10	Lunch
Bananas	approx 45 some under ripe (or buy some later in week)	Lunch
'oranges'/easy peelers'	x 20, or more? (get some later in week if need more)	Lunch
Milk semi skimmed	8 litres (Buy less and get more later in week if possible)	General
Soya milk (unsweetened)	2 litres UHT	General
Oatcakes	2 boxes	Lunch
olive/spread	1000g	General
Choc bars	Approx 50 small wacko type if summer get fewer – they melt/ some people don't eat them	Lunch
Cereal bars	Approx. 40	Lunch

Shopping	Number/amount	Use
Bread (10-12 loaves likely for the week)	Buy 6 - include wholemeal and granary/seedy bread), ?1 white loaf. (and depending on venue, buy fewer loaves and get more later in week)	General
Wraps	2 packets (the big round ones)	Lunch
Pitta	2 packets	Lunch
Earl Grey tea bags	1 box of 50	General
Ground coffee	3-4 bags – how many coffee drinkers, ?decaff	General
Normal tea	100-200	General
Instant coffee	Does anyone want this/decaff?	
Fruit/herb tea	1 box mixed ask at pre-trip meeting as to type. People should bring their own if they have very specific needs	
Sugar	1 bag soft brown OR 1 bag white don't need both – ask at pre-trip meeting	General
Toilet rolls	12 pack (assume there is some at house)	General
Paper sandwich bags	These must be paper	discourage use, people to bring boxes is preferable
Soap	No. of bars according to bathrooms (although most cottages will provide some guest bars)	
Washing up liquid	1 bottle – organiser to find out if there will be a supply at the hut/house	
Bin bags	organiser to find out if there will be a supply at the hut/house	
J-cloths	organiser to find out if there will be a supply at the hut/house	
Dishwasher tablets	organiser to find out if there will be a supply at the hut/house	
Fire lighters	only if winter and if there is a stove or fire	
Matches	only if winter and if there is a stove or fire	

Please consider when planning/shopping:

If a box of **non-perishable** food from a previous trip is available, take that into account.

Who is on the trip – some people eat more than others.

Porridge or Muesli – there may be a need for more/less of one or the other depending on who is on trip – and the season.

Fruit – we tend to use less on winter trips.

Bars – we tend to use fewer on summer trips – especially choc bars.

Ground coffee – use on a week-long trip ranges from less than 2 packets to more than 6 – it depends who is on the trip.

Ask at pre-trip meeting how many people are coffee drinkers.

Does anyone want decaff – ground or instant.

Shopping can almost always be topped up during the week, so in most cases it is best to err on the side of lesser amounts - **but** some huts might be remote and very small local shops will be more expensive – in which case slightly more may be needed/bought at the start than shown above.