

GENERAL

The one man 24 hour Operational Ration Pack (ORP) has been designed to meet the energy and nutrient requirements of most soldiers during moderate, prolonged-intensity physical activity, in a temperate environment. Therefore it is desirable that all of the food in the pack is eaten.

The ORP consists of two main meals. Muesli cereal, instant noodles and a number of snack and sundry items. The snack items, such as muesli bars, biscuits and chocolate are suitable for eating on the go. It is recommended that, where possible, food items be spread throughout the whole day to optimise physical and mental performance.

After a few months in a tropical climate the condensed milk may become thicker and brownish in appearance, but it is safe to eat and may be consumed without fear of any ill effects.

Chocolate may develop a light coloured film on the surface; however it is still safe to eat.

TOWELETTES

Towelettes should be used to clean hands prior to handling food at all meal times.

DISINFECTION

All water supplies must be regarded as contaminated unless cleared by health personnel.

If the water is dirty and cloudy, first filter using an individual filter system. Once filtered, add the water disinfection tablets and follow the directions on the tablet's package; cap loosely to allow slight leakage; wait five minutes and shake well, wait another 30 minutes to ensure bacteria are killed before drinking or using to prepare food or beverage.

Water may also be disinfected by boiling for a minimum of 3 minutes.

AVOID DEHYDRATION

It is essential that you drink plenty of fluids. Heat and exercise cause dehydration. You should drink plenty of water if you are in a warm environment or conducting physical activity.

The sports drink is excellent way of replacing fluid, carbohydrate and salt quickly and should always be consumed when in the field. Drink enough water to keep your urine clear and regular. **Pee clear at least once per day!**

AVOID FOOD POISONING

Do not open more items of perishable food than are necessary for a meal. Any perishable food that is open must be discarded or chilled immediately to avoid food poisoning.

DENTAL GUM

The dental gum cleans teeth and contains calcium, which helps repair and prevent tooth decay. It is recommended for use after main meals.

SALT INTAKE

Extra salt may be needed if working hard in hot environments or during periods of heat acclimatisation when your salt losses are greater. Sprinkle salt on your food. **Note: Do not take extra salt unless you are drinking plenty of water. It is harmful to take extra salt without extra water.**

DISPOSAL OF LITTER

There is packaging litter in each ORP, which may give intelligence if discarded. Dispose of all litter in a thoughtful manner with consideration to the environment.

CONTENTS

Individual 24hr Operational Pack

This Ration Pack is available in 4 menus - A, B, C and D. The contents of each menu differ to the extent shown in the following list.

You should try to have a different menu each day.

Menu A

1x Lamb & Vege Stew	300g
1x Chicken Pasta & Veges	300g
1x Anzac Biscuits	35g
2x Jam	13g
1x Tomato Ketchup	15g

Menu B

1x Chicken Jambalaya	300g
1x Moroccan Lamb	300g
1x Chocolate Chip Biscuit	35g
1x Yeast Extract	15g
1x Tomato Ketchup	15g

Menu C

1x Chilli Beef & Rice	300g
1x Chicken Casserole	300g
1x Anzac Biscuit	35g
2x Jam	13g
1x Sweet Chilli Sauce	110g

Menu D

1x Vegetable Tagine	300g
1x Thai Chicken Curry	300g
1x Choc Chip Biscuit	35g
1x Yeast Extract	15g
1x Sweet Chilli Sauce	10g

The following items are common to all menus

2x Salt	1g	6x Towlettes wipes	
1x Cabin Bread	38g	1x Cheese Canned	56g
3x Tea Bags bags	1x	Glucose Sweets	35g
6x Sugar	7g	2x Chocolate Drink	11g
1x Pad Scouring pad	1x	Fruit Grains	30g
1x Peanuts & Raisin	35g	1x Muesli Cereal	100g
2x Sports Drink	16g	1x Milk (Tube)	85g
1x Instant Noodles	85g	1x Soup Powder	25g
2x Pepper	1g	3x Coffee Instant	1.5g
1x Onion Flakes	7g	2x Recaldent Gum Pkts	
1x Bags Plastic bag	1x		
2x Muesli Bar	34g		
1x Menu Sheet each			
1x Matches Waterproof Vial			
2x Chocolate	40g		

