

Hawk's Provisioning Lists

The following tables will give you some idea of what we stock as discussed in *The Voyager's Handbook*. We have included them in the website so you can download them and print them out. The items and quantities reflect the peculiarities of our diet, the fact that we don't have refrigeration, and the amount of stowage we have. The quantities shown for nonperishables would last for about three months if we did not supplement from ashore. The list you develop over time will be significantly different, but Tables 14-4 through 14-10 can be used to make sure you don't forget any of the basics. Start by stowing much smaller quantities until you get a sense of how much you use of each item over time.

Table 14-4. Shelf-Stable, Canned, and Prepared Products

| Category | Products | Specific Items | Approximate Quantities |
|-----------------------|------------------------|---|---|
| Dairy products | Shelf-stable products | UHT milk Dried milk Tinned butter | 36 1-liter boxes 2 8 oz. package 2 or 3 16 oz. tins |
| Meat | Canned | Tuna in water Canned clams Smoked mussels, oysters, etc. | 36 6 oz. cans 6 6 oz. cans 12 6 oz. cans |
| | Pressure-cooker canned | Chicken, pork tenderloin, beef cubes, hamburger | ~15 quart jars ~12 pint jars |
| | Dried | Pepperoni, sausage, etc. Beef jerky | 5-6 individual meats Small packages to make ~500 g |
| Prepared meals | Canned | Hearty soups Baked beans, stews, etc. | 8 12 oz. cans 8 19 oz. cans |
| | Pressure-cooker canned | Chili, beef stew, soups, etc. | ~15 quart jars ~12 pint jars |
| | Other | Taco shells Enchiladas Taco sauce | 4 packages 4 jars 5-6 bottles |
| Fruits | Canned | Fruit cocktail, peaches, etc.; Berries for use in desserts | 12 cans 4 cans |
| | Dried | Raisins Figs, dates, apples, pears, etc. Banana chips | Small packages to make ~1/2 lb. Small packages to make ~1 lb. As money allows |
| Vegetables | Canned | Green beans Corn Asparagus Bamboo shoots Water chestnuts Mushrooms Pureed tomatoes Whole tomatoes Chopped tomatoes Spaghetti sauce | 12 cans (or can your own) 12 cans 6 cans 6 small cans 6 small cans 12 cans (the smallest available) 6 12 oz. cans 6 12 oz. cans 6 12 oz. cans 12 12 oz. jars |
| | Dried | Peas Mixed vegetables Chickpeas Beans for sprouting Mushrooms | 12 small packages 12 small packages ~1/2 lb. ~1 lb. 2 large packages |

Table 14-5. Cereals, Grains, and Baking Supplies

| Category | Products | Specific Items | Approximate Quantities |
|-----------------------|------------|---|---|
| Cereals/grains | Cereals | Breakfast cereals Muesli Oatmeal | 12 large boxes 4 packages 8 1 lb. packages |
| | Flours | White flour Whole wheat flour Rye flour Cornmeal | 10-12 1 lb. packages 2-3 1 lb. packages 1-2 1 lb. packages 1 1 lb. package |
| | Grains | Basmati rice Bulgur wheat, quinoa, barley | Small packages to make ~5 lbs. Small packages to make ~2 lbs. |
| | Pasta | Spaghetti, linguine Macaroni, bows, etc. | 4 to 5 1 lb. packages 4-5 1 lb. packages |
| Baking needs | Basics | Vegetable oil Olive oil Nonstick spray Wine vinegar Cider vinegar Tabasco sauce Worcestershire sauce Yeast Baking powder Baking soda Pepper Salt Vanilla Basic spices Exotic spices | 3-4 small, strong bottles 5-6 small, strong bottles 2 cans 4-5 small bottles 1 large bottle 2 small bottles 2 small bottles 12 small packages 2 10 oz. packages 2 1 lb. package 1 large bottle of peppercorns 1 12 oz. package 2 large bottles 2 bottles of each 1 bottle of each |
| | Sweeteners | Sugar Brown sugar Honey Cocoa Confectioner's sugar | 10 1 lb. packages 2 1 lb. packages 3 1 lb. bottles 1 12 oz. plastic container 2 small bags |

Table 14-6. Other Foods

| | | | |
|--------------------|----------------------|--|---|
| Other foods | Garnishes/condiments | Mustard Mayonnaise Ketchup Relish Salad dressing Coconut milk-low fat | 4 small jars 4 small jars 2 plastic bottles 5-6 small jars 6 bottles 6 12 oz. cans |
| | Spreads | Jelly or jam Peanut butter | 4 small jars 4 small jars |

Table 14-7. Beverages

| | | | |
|------------------|-------------|---|---|
| Beverages | Cold drinks | Orangina, ginger ale, Fresca Sparkling water UHT juice Bottled water | 6-12 1 qt. bottles 12 1 qt. bottles 12 1 qt. boxes 12 1.5 qt. bottles |
| | Hot drinks | Herbal tea Regular tea Coffee Coffee filters Hot chocolate mix Drink mixes | 5-6 boxes 1 large box 9 1 lb. packages 2 boxes 36-48 packets 24 packets or 6 large bottles of Sunquick |
| | Alcohol | Wine | 4-5 bottles |

Table 14-8. Snacks

| Category | Products | Specific Items | Approximate Quantities |
|-----------------|------------------|--|---|
| Snacks | Munchies | Popcorn Potato, corn, other chips Peanuts, pistachios Mixed nuts-unsalted | Small packages to make 3 lbs. 5-6 packages 12 small packages Small packages to make 3 lbs. |
| | Crackers/cookies | RyKrisp or similar Corn cakes Packaged cookies Protein bars/granola bars | 3 1 lb. boxes 12 packages 12-15 packages 24 bars |
| | Other | Pickles Black olives Green olives Applesauce | 6-8 large jars 12 small containers 5-6 small jars 8-10 small containers |
| | Candy | Hard candy Candy bars M&M's Licorice Sugarless gum | 2 1 lb. bags 1-2 "fun size" bags 6 8 oz. bags 8-10 packages 36 packages |

[tc]Table 14-9. Nonfood Items

| Category | Products | Specific Items | Approximate Quantities |
|---------------|-------------------|--|--|
| Nonfood items | Toiletries | Suntan lotion SPF 15 lip balm SPF 15 face cream Face wash, body soap, hand soap Facial soap Antibacterial soap Shampoo/conditioner Razor blades Toothpaste Dental floss Toothbrushes Mouthwash Q-tips Lotion Baby oil Feminine products Deodorant | 1 spare of each type 2 tubes 2 bottles 2-3 containers 8-10 bars 2-3 bars 2 large of each 1-2 dozen 3-4 tubes 5-6 packages 2-3 spares per person 2 large bottles 2 large packages 2-3 large bottles 1 bottle 3-4 packages 6+ packages |
| | Cleaning supplies | Biodegradable dish soap Soft Scrub Biodegradable laundry detergent Liquid fabric softener Fabric softener sheets Clorox bleach Windex Multipurpose cleaner Carpet cleaner Vinyl cleaner Shower cleaner BBQ/stove cleaner Scrub brushes Sponges/scrubbers Rubber gloves | 5-6 bottles 5-6 bottles 2-3 large containers 1 large bottle 1 large box 1 1 gal. bottle 1 large bottle 1 large bottle 1 large bottle 1 bottle 2 bottles 1 bottle 3-4 plastic brushes 6 Teflon 2 pairs |
| | Paper goods | Paper towels Toilet paper Garbage bags Sandwich bags Large storage bags Zip-top bags—all sizes Heavy-duty tinfoil Wax paper Plastic wrap | 6-8 rolls 8-10 rolls 2 large packages 1 large package 1 large package 4-5 large packages 1 large package 1 large package 1 large package |

| | | | |
|---------------|---------------------|---|---|
| Nonfood items | Batteries and bulbs | Alkaline batteries—AAA to D Calculator, camera batteries Flashlight bulbs | Battery inventory x 2 Battery inventory x 2 1 spare for each |
| | Other | Mosquito repellent Bug spray Cockroach spray Mosquito coils Lamp oil Oven lighter/striker Extra long wooden kitchen matches | 3-4 small bottles 1-2 large cans 1 large can 24 coils 2 quarts 1 lighter/1 striker 2 large packages |

Table 14-10. Perishable Foods

| Category | Specific Items | Maximum Life | Approximate Quantities |
|-----------------------|--|--|--------------------------------|
| Dairy products | Yogurt | 2 weeks in cool bilge | 2-3 1 qt. containers |
| | Hard cheeses | 2-3 weeks | 6-8 8 oz. packages |
| | Margarine | 4-5 weeks | 2-3 16 oz. plastic tubs |
| | Butter | 2-3 weeks | 1-2 16 oz. packages |
| Eggs | Farm-fresh eggs | 6-8 weeks | 1 dozen per week |
| Bread | Fresh bakery bread | 7-10 days | 2 loaves |
| | Commercially packaged dark bread | 10-14 days | 1 loaf |
| Fruits | Apples | 4-5 weeks | 2-3 dozen |
| | Oranges/grapefruit | 4-5 weeks | 1-2 dozen |
| | Lemons/limes | 3-4 weeks | 1-2 dozen |
| | Pineapples | 2-3 weeks | 3-4 small |
| | Pamplemousse | 10 days | As many as possible |
| | Bananas (buy green) | 10 days | 1-2 large hands |
| | Melons | 1 week | 3-4 |
| | Papaya (green) | 5 days | 3-4 |
| | Peaches, pears, apricots, grapes, etc. | Less than a week, slightly more if green | Small quantities for early use |
| | | | |
| Vegetables | Onions (cooking) | 1-2 months | 20-30 small or medium |
| | Yams (kumara) | 1-2 months | 5-10 lbs. |
| | Potatoes | 1-2 months | 4-5 lbs. |
| | Garlic | 1-2 months | 5-6 heads |
| | Winter squash | 1-2 months | 2-3 |
| | Cabbage | 4-6 weeks | 3-4 small heads |
| | Tomatoes (firm, green) | 4-6 weeks | 2-3 lbs. |
| | Avocado (green) | 2-3 weeks | 3-4 |
| | Cucumbers | 3 weeks in bilge | 2-3 lbs. |
| | Carrots | 2 weeks in bilge | 3-4 |
| | Zucchini (corgettes) | 2 weeks in bilge | 2-3 |
| | Iceberg lettuce | 2 weeks in bilge | 2 heads |
| | Green pepper | 2 weeks in bilge | 6-8 |
| | Eggplant | 1 week | 1-2 |
| | Cauliflower | 1 week | 1-2 heads |
| | Broccoli | 1 week | 1-2 heads |
| | Green beans, celery, mushrooms, spring onions, sprouts, leaf lettuce | Less than a week | As per menu planning |
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