

Ocean Rock Adventure - Links to Training videos

Food:

1. [Intro](#)
 2. [Breakfast](#)
 3. [Lunch](#)
 4. [Evening meal](#)
 5. [Water, Waste & Don'ts](#)
 6. [Booklet](#)
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Clothing:

1. [What to wear](#)
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Packing:

1. [How To Pack Your Rucksack](#)