

## PROVISIONING CHEAT SHEET FOR A ONE WEEK CHARTER

### HOUSE KEEPING

General Surface cleaner

Paper Towels

Toilet Paper

100 L Garbage Bags

30 L Garbage Bags

Sponges

Aluminum Foil

Charcoal and Lighter Fluid

Dishwashing liquid

Zip lock bags

Matches

### BREAKFAST

Tea/Coffee/Juice

Sugar

Fresh Bread

Yogurt

Milk

Eggs (more than you think)

Butter

Syrup/Honey/Jams/

Marmalade

Cereal/Oats

### BASICS

Drinking Water (use big bottles to save on plastic waste 2 litres per person per day)

Salt and Pepper

Cooking Spices

Garlic

Soy Sauce

Ketchup

Mayonnaise

Mustard

Vinegar

Olive Oil

### SNACKS for the "Snack Box"

Biscuits

Dried fruit

Nuts

Cereal bars

Crisps

Chocolate

### FRESH PRODUCE

Seasonal Fruit

Vegetables for Salad and grilling

Limes/Lemons

Assorted Cheeses

Cold cuts/Salami

### DRY GOODS

Pasta

Flour

Risotto rice

Assorted Crackers

Wraps

Olives / Pickles

### CANNED/BOTTLED GOODS

Tuna/mackerel

Anchovies

Good quality pasta sauce

Sundried tomatoes

Capers

Olives/Olive paste

Pesto

Asparagus

Artichoke

Beans

## **DRINKS**

Wine

Beer

Spirits and mixers

Juice