



TRAIL FINDERS

**TRANS ASIA
PRE DEPARTURE
HANDBOOK**

Prepared for Trail Finders
by HARVEY BONHAM

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INTRODUCTION

So you may have what it takes to plan and carry through your own overland expedition to the East.

Congratulations! You'll be joining one of the world's most exclusive "clubs".

Anyone can book a packaged tour to Asia. If they're lucky, the countries below may be glimpsed through clouds from an aircraft window at 27,000 feet.

You have chosen a direct and personal encounter with the real thing. The challenge of making it on your own through some of the world's most exciting territory. The trail that takes you, at each turn, into a totally strange environment. Race, creed and culture all different.

Doing it this way demands planning; self-reliance; a willingness to step outside conventional patterns; and a capacity to make the most of each experience. One thing's for sure; this trip, if you cut loose and take it, will open your eyes and mind with a lifetime of experience.

Trail Finders Information Service is not in business to nudge you out of a rut or to preach about adventure. Only you can decide if this is the right time in your life for discovering a new world.

If it is, we can give you a useful start in your vital pre-planning exercise.

Trail Finders in this guideline folder and its personal consultancy service can share a wealth of experience of the Asia road. Our management and drivers know it well well enough to know the possible, the impossible (and to show you how to be ready for the entirely unexpected).

Make no mistake. Without pre-planning you would be well advised to stay at home and enjoy a safe, middle-class holiday in Bognor Regis.

Pre-planning will save you expense, breakdowns, accidents, headaches, and perhaps even jail.

Straightforward homework will prepare you for life and travel in countries which whatever recent improvements there may have been retain their own unique customs and puzzles for the stranger.

Language and custom can often be the barrier which denies understanding between you and people encountered en route. This can be one cause of delay and extra expense.

"Right of way" often depends on the size of the vehicle. For instance you may be smaller than a truck which hurtles round a corner on the wrong side of the road. Or you might meet an unlit donkey cart at night. Right or wrong, in a brushing acquaintance with either hazard, European law has no place in the East. Officials tend to think Western tourists wealthy enough to pay court costs and our embassy on the spot could do nothing to help.

So use Trail Finders' Information Service to make realistic plans before setting out. It will save you from a catalogue of troubles and ensure that your expedition is "unforgettable" in the good sense of the word.

SECTION 1
CHOOSING YOUR VEHICLE

It's no part of any information service to claim all the answers and, of course, there are alternatives to the vehicles suggested below. Just make sure that your final choice boasts the features we have found from experience to be necessary.

The overland road is now largely tarmac although of varying standard. This means that a 4-wheel drive vehicle is not necessary unless you aim to take wide detours to explore off beat tracks. Ground clearance is important as you'll discover on the odd construction and road-repair stretches east of Greece. For the rest, it's a matter of remembering that you'll pass through a kaleidoscope of changing conditions, temperatures, gradients, twists and turns. You'll be relying on the vehicle to carry you and your kit for thousands of miles over a long period. It must be right for the road and right for you. And you must obtain a complete manual of listed service agents en route.

1. CHOOSING YOUR VEHICLE

Volkswagen

A popular choice for tough reliability -in three models. The Kombi-van provides 9 seat spaces. The Kombi-camper reduces seats to provide space for make-up bunks plus sink and cooker. Both average 25 m.p.g. Then the famous 4-seater V.W. "Beetle" with an m.p.g. average of 34. Service centres are to be found throughout the route.

Land Rovers

These have earned a rugged reputation and are often seen. Most major cities en route (Particularly Tehran) have service centres but diesel Land Rover spares can be difficult to obtain. Average 20 m.p.g. (4 cylinder petrol); 14 m.p.g. (6 cylinder petrol); and 24 m.p.g. (4 cylinder diesel).

Ford Trans its

A marginally "softer" vehicle but in extensive use because of their load capacity and the availability of service stations en route. Service/spares supply is excellent up to Greece and Turkey good in the Middle East and Iran moderate in Pakistan (where they are no longer assembled but agencies remain) and India (no agents but OK for general servicing and spares). Average 20 m.p.g. (Petrol) and 25 m.p.g. (Diesel).

Mercedes 200 series

A useful saloon type ~ available in both diesel and petrol models. Service centres are adequate along the route. Vehicles are best purchased on the continent and registered with international plates. Average 24 m.p.g. (Petrol) and 26 m.p.g. (Diesel).

Peugeot (404)

This make is made to stay the pace under any conditions. Few saloon cars have been proved in tougher international trials. Its service centres are less numerous than for most. If you're buying, the Continent may be your best source. Average 24 m.p.g. (Petrol) and 26 In.p.g. (Diesel). There are now two small versions, 304 and 204.

Citroen 2CV

A sound saloon choice popular because of low purchase price. Again, there's advantage to be gained from buying on the Continent. We've known many to complete the overland journey without trouble. Ideal for two people wanting reliable transport with economy. Especially popular in Iran (with consequent servicing facilities on tap). Elsewhere, with less service centres Citroen's design simplicity means that most workshops can tackle a repair job. Average 45 m.p.g.

Renault R8

Similar in ruggedness and reliability as the Citroen 2CV.

Its low purchase price and high m.p.g. makes it very economical transport. Ideal for two or three people. The Renault servicing facilities are available in the main cities.

Trailers and Caravans

We have said the route is mostly tarmac but this says nothing about the variable surface conditions, road gradient, width or twists. Fuel consumption, heating, driving time and stress, vehicle wear and tear are all potential headaches, and you would need a separate carnet. Bluntly, we suggest you forget trailers and choose a vehicle which caters for your group between four wheels.

2. With all the above vehicles we suggest you make the following alterations:
 - a. Right hand drive vehicles must be fitted with continental headlamps, dipping to the off-side.
 - b. Purchase a special battery suitable for hot climates.
 - c. Radial ply tyres last longer than conventional ply. Tyres are more expensive outside England.
 - d. On petrol motors fit a good fuel filter.

May we suggest for the above alterations you consult our mechanics: Brownchurch (Components) Ltd., Arch 420-421, Burrdett Road, London E3 Tel. 01- 987 6640. You'll find them most helpful.

3. Fuel and Oil : require only a couple of comments from us. Medium octane grades (90) are available throughout the journey (except Afghanistan where you'll find a lot of low octane Russian fuel on sale). High grade is available with similar restrictions from Iran onwards. Throughout our Route Guide, published separately, (see footnote on the last page of this booklet) we'll indicate "dry" areas where petrol/diesel stations cannot be found for example, the 260 mile stretch of desert highway between Damascus and Ar Rutba.

But, as a general rule, remember to start each day with a full tank and always carry spare fuel. To let the tank fall below half way is just asking for trouble. In the East, fuel filtering and tank storage is not too effective and dirt will find its way into your tank.

4. VEHICLE RESALE VALUE

Afghanistan and Nepal are the only countries where it is possible to sell your vehicle but don't expect to make a healthy profit. For a start, quite a few western travellers are selling their vehicles so it's now a buyers market. "Backshish" handouts are usually necessary to grease local officialdom for a variety of small formalities. If you plan to sell in Afghanistan the vehicle must be sold as left-hand drive so conversion costs could be involved. Nepalese drive on the left, but remember that a buyer (as in Afghanistan) will have to pay heavy customs tax on top of the sum he hands over to you.

5. CONCLUSION

Choose a tough, reliable vehicle which suits the size of your party and its kit. Choose one with good ground clearance and road holding. Get a workshop manual (not the car handbook) and ask your agent to supply a list of service centres available en route. Avoid trailers and caravans where possible, keep to diesel power. Although more complicated a well serviced diesel will prove more reliable. C.A.V. Simms & Lucas service agents are available throughout for the necessary servicing should the motor need it. Petrol power is more prone to minor electrical and fuel problems, but the faults can be easily rectified by any local mechanic. If you're really aiming to gamble on off-beat detours, think about 4-wheel drive.

Buy a vehicle, not too old, in sound working condition. Have it thoroughly checked out by an expert. Get to know it thoroughly. Keep it in good condition. Your group depends on it.

SECTION 2

YOUR VERHICLE SPARES CHECK LIST

1. ENGINE

- 2 Fan belts
- 1 Complete set of gaskets
- 1 Carb. gasket set
- 4 Oil filters (change on average 4,000 miles)
- 4 Fuel filters
- 1 Radiator top hose
- 1 Radiator bottom hose
- 1 Exhaust valve and spring
- 2 Tappet screws & lock nuts
- 1 Radiator cap
- 1 Fuel pump repair kit
- 1 Water pump repair kit
- 2 Sets of spark plugs
- 2 Sets of contact breaker points and condensers
- 1 Rotor arm
- 1 Set of dynamo brushes
- 1 Dynamo bearing
- 1 Ignition coil
- 1 Distributor cap
- 1 Set of high tension leads

Although your vehicle has been checked thoroughly an added precaution would be a spare piston.

2. BRAKES AND CLUTCH

- 2 Wheel cylinder repair kits 1 Spare brake hose
- 1 Brake bleeder kit 1 Brake master cylinder kit
- 1 Clutch master cylinder kit 1 Slave cylinder kit

DIESEL ENGINE

- 1 Set of spare injector pipes
- 1 Set of injectors

3. GENERAL

- 1 Workshop manual (not the car handbook) 1 Good torch
- 1 Complete set of bulbs 1 Head lamp
- 1 Tail light lens 1 Spare tyre and tube
- 1 Tyre repair outfit 1 Set of tyre levers
- 1 Good jack and wheel brace 1 Jerry can for petrol not plastic
- 1 Grease gun and tin of grease 1 Top rope or hawser
- 2 Warning triangles (compulsory) Spare diff and gear box for oil for
- 1 Roof rack
- 1 Temporary windshield
- Conversion kit -(if necessary see

4. VEHICLE TOOLS

- 1 Side cutter
- 1 Set of ring and open ended spanners to suit your vehicle. English Whitworth or A.F. Continental Metric
- 2 Adjustable wrenches 6" and 8" and 12"
- 1 Mole wrench
- 1 Set of feeler gauges
- 3 Screw drivers 12" 8'~ & 2"
- 1 Philips screw driver
- 1 Socket set Metric A.F. or Whitworth
- 1 Roll of insulating tape
- 10 ft. of electrical wire

SECTION 3

YOUR CAMPING, CATERING AND MEDICAL CHECK LIST

The previous chapter dealt with preparations for your journey "on the move". This section is about items to guarantee the necessities of life during stops along the way.

Again, we claim to have no monopoly on the range of kit that is available. The examples quoted, for guidance only, are from experience of three main London suppliers (Tarpaulin:~ and Tent Mfg. Co. of Briston Hill, the Camping Sports Centre of Baiham High Road, and Expedition Supplies Ltd., 280 Old Brompton Road, Earls Court.)

Throughout Europe and up to Istanbul, the various guide books give you a wide choice of camp sites. In Turkey, for instance, the 'BP' sites are well organised near places of interest and usually spaced a comfortable day's drive apart.

Beyond Istanbul, however, if you plan to camp at the roadside you are strongly advised to have a round-the-clock watch. Moving east you will find fewer and fewer organised sites. In Afghanistan, camping is prohibited outside the main centre. In Pakistan and India you are usually allowed to pitch in the grounds of Dak bungalows (a standard type of economy rest house)

1. TENTS:

Your choice will depend on the size and sex of your party. Weight and fabric are the key considerations. All nylon, for example, is strong and light, but suffers from condensation inside. That's why we usually recommend canvas ridge tents with fly sheet. Here are four examples: -

- | | |
|---------------------------------------|--|
| a. Tarpaulin & Tent Co. | "Economy" ridge tent
2 persons -7' x 6' x 5'
with 18" walls .12 lbs. weight
Nylon sewn in ground sheet.
Blue tent cloth fly sheet |
| £ 9.90 | |
| £ 5.10 | |
| b. Camping & Sports
Centre | Gemini 2-ridge tent
2 persons -6'6"x4'6"x 4'4"
with 11" walls .15 lbs. weight
Blue canvas roof with deep
sewn in ground sheet
ground sheet.
Fly sheet. |
| eves and hood. Zip door and
£20.00 | |
| £16.50 | |
| c. Camping & Sports
Centre | Connaught Framed tent
4 persons -12'6" x 7'3" x
6'4" |
| with
£50.00 | 50 lbs. weight. Blue roof
detached ground sheet. |

d. Expedition Supplies Cherokee ridge tent
 2 persons -7'6"x 5'x 4'5"
 walls in tent cloth
 16 lbs. weight. Nylon
 reinforced P.V.C. ground
 sheet
 welded in. 3 Way zip.
 £24.00 Includes fly sheet
 (less 10% to Overlanders)

2. BEDS: (blow up mattresses not recommended)

- a. Safari type Sunsa Standard (weighing 9½lbs. and measuring 6'x2') £ 7.00
- b. Ex-WD Commando type sleeping bags (down-lined) £ 7.00
- c. Poly warm sleeping bags -synthetic filled £ 5.50
 Blacks down-filled sleeping bags from.. .£15.50
 (Both available at Tarpaulin & Tent)

3. HEATING EQUIPMENT:

a. Camping Gaz '74

Butane easily available up to Greece. If this is your choice of equipment, be sure to stock up on Gaz cylinders to carry you through the remainder of the journey.

904 cartridge (4lbs of Gaz) costs£ 9.15
 907 cartridge (6lbs of Gaz) costs£ 9.90
 Standard high pressure twin burner unit£ 7.70

b. Calor Gas

(1)
Butane: Easy refills up to Greece. One major centre in Tehran. Elsewhere supplies are pretty thin.
 10lb. cylinder costs £ 5.70
 Regulator £ 2.20

(ii) Propane: Refills are available throughout the trip.

8½lb cylinder costs £ 5.58
 Regulator £ 2.62

Low pressure burner with external regulator is required.

Standard low pressure house burner unit £ 8.95

SUMMARY: The best form of gas to carry is Calor Gas Propane because of the readily available service centres. However, when purchasing your cooking equipment be sure it is the type suited to operate on this gas.

FOOT NOTE: Petrol cookers may be used instead of gas cookers. The main advantage is the ready supply of fuel available throughout. However, with the lead content in petrol the cookers jets have a tendency to block and will need frequent overhauls. Operated correctly they are as safe as gas cookers.

Optima double burner £24.30 Single burner £14.00

4. CATERING EQUIPMENT: (Both standard and luxury)
- a. Tilly Triplepan (3 billycans with lids converting to frying pans) £ 3.26
 - b. Teflon coated set (3 billies with convertible lids) £4.00
 - c. 4x Dinner plate, mug & soup bowl (Melaware) £ 3.50
 - d. Food box, egg box, milk carrier & washing bowl (Polythene) £ 2.00
 - e. Water container (2 gallon capacity) £ .70
 - f. Ex-WD canvas water bucket (1 gal. capacity) £ 1.75
 - g. Cutlery- 4 individual sets (knife, fork, spoon in wallet) £ 1.56
Carving knife, can & bottle openers £ 2.00

5. PROVISIONS:

Stock up to take you through Europe where food is expensive, especially tin-stuff. Make use of our cash and carry warehouse as part of our service. Avoid loading yourself down with stocks for the entire expedition and rely instead on fresh food which is available en route. Coffee and milk powder are scarce in the East so take advantage of Beirut and Damascus where stocks are plentiful.

6. MEDICAL:

For advice on medical supplies contact:

G. W. Slaney,
243 Regent St.,
Third Floor
London W1R 8PM
tel: 01 437-7926

Hepatitis seems to claim more and more victims. Basically it is contracted through poor hygiene or contact with an already infected person. There is no inoculation as such against it, however an injection of Gamma Globulin is recommended by some doctors.

Malaria is avoided by taking a prophylactic drug such as Pauldrine (daily) or Daraprim (weekly).

Polio protection is recommended if you have not already been immunised.

Dysentery is minimised by boiling or sterilising any suspect water, and avoiding fresh fruit and vegetables unless peeled or cooked. Certainly avoid the low grade local eating houses. If contracted continue the treatment for a period of 3-4 days after the symptoms have gone.

Don't forget to have a dental check-up!

SUGGESTED MEDICAL PACK

<u>DISEASE</u>	<u>ITEM</u>
Diarrhoea	*Streptotriad (prevention) Morphine-Kaolin (treatment) Lomotil (anti-diarrhoea)
Sore throat	Strepsils or Bradosol
Laxative	Senokot
Pain	Soluble aspirin or Panadol
Indigestion	Rennies or Gelusil
Insect bites	Repellent (prevention)
Burns	Paraffin gauze
Sunburn	Sylvasun (prevention) Calamine lotion (treatment) Suntan oil/cream
Malaria	Daraprim (prevention) Chloroquine (treatment)
Stings/cuts	Antiseptic cream & lotion
Chapped lips	Lipsalve
Anti-fungal	Mycota powder or Mycil powder
Water purification	Stero or Nalazone tablets Potassium permanganate crystals

* This will require a doctor's prescription. You might also consider asking your doctor to prescribe a safe BROAD-SPECTRUM ANTIPIOTIC because you may find yourself several days away from a doctor or dispensary.

7. CLOTHING:

Your requirements of course, will depend on the time of year and altitude traveling but start with the following check list:

MEN

2 pairs jeans
2 pairs shorts
1 pair good slacks
1 pair light dress shoes
1 pair heavy shoes
4 pairs socks
3 sets under Wear
2 hard wearing shirts
2 dress shirts
1 pair swimming trunks
1 jacket for dress
2 jerseys
1 Anorak or waterproof coat
1 sun hat

WOMEN

1 below the knee dress
(kaftan not mini)
2 pairs jeans
2 pairs slacks
1 pair light shoes
1 pair heavy shoes
4 pairs socks
2 pairs tights
3 sets underwear
3 shirts
1 swimming costume
2 jerseys
1 Anorak
1 sun hat

8. GENERAL ITEMS:

a. Night Lights

(i) Gas lamps: involves a simple fitting to the standard 904 or 907 gas bottle. Used sparingly solely as a light, one bottle should last around 80 days.

Lamp
£ 5.95

(ii) Electric lamps can be powered by your vehicle battery. Be sure it is disconnected after use.

Bulb type £ .65
Flourescent Blaxlite £6.95

(iii) 12 v. Search light £ 6.70

b. Tools

(i) Spade £ 2.00
(ii) Rubber mallet (tent pegs etc.) £ .75
(iii) Small axe £ 2.00
(iv) Swiss multi-purpose knife £ 2.50

c. Luxury items

Seat. Nylon covered aluminum framed from £ 2.00
Table. Aluminum framed £ 4.00

4. FINANCE

Ensure you have sufficient for the expedition and a reserve. It's worth remembering that the cost of living, even in underdeveloped countries, can be higher than Europe especially imported western goods.

The bulk of your budget should be taken out as travellers cheques; either American dollars or English pounds, or German marks.

Further information can be obtained by contacting Mr. Moore, of Thomas Cook & Sons, Foreign Exchange Dept., The Strand, London .01 .836-0811; or American Express, Haymarket, London .01 .930-4411. It is advisable to carry a small amount of cash in £1, \$1, or 5DM notes. Cash can easily be changed in small towns whereas travellers cheques may be refused.

5. CARNET DE PASSAGE

Temporary importation of your vehicle into the countries encountered en route demands that you have a carnet. This is issued in Britain by the AA upon receipt of a bond .250% of the NEW value of your vehicle. When you are applying for a carnet it is necessary to show a credit proof to the AA. It's possible to arrange this credit proof (bond) through our Insurance Brokers, Campbell Irvine Ltd., 48 Earls Court Rd., London W. 8, for a premium of 3%-4% of the total amount required. The application form is enclosed.

Be sure that this document (and the counterfoils to be retained by you) is stamped correctly on entering and leaving each country along your route. Ignore this advice and you could face delay or even the abandonment of your vehicle to customs authorities.

6. INSURANCE

Vehicle: It is difficult to quote prices here because so many factors have to be considered. The factors listed below will form a guide to the information required by the Insurance Co.

1. Value and age of the vehicle
2. Age of the drivers
3. Whether comprehensive or third party insurance is required.

We are able to arrange this for you through Campbell Irvine Ltd.

Comprehensive cover can be arranged as far as Singapore - Green Card insurance up to the Iran/Afghanistan border.

Use

the application form enclosed and return to us for a quote.

A Green Card is essential for travel through Europe.

INTERNATIONAL DRIVING PERMITS: These are issued by the AA or RAC but you do not have to be a member. On the normal India route you require 2 permits to cover all contracting states.

	YUGOSLAVIA	BULGARIA	IRAN	
	SYRIA			
EMBASSY	19 Upper Philimore Gdns., London W. 8	12 Queens Gate Gdns., London S.W. 7	50 Kensington Court, London W. 8	5 Eatc Terrace Lond
ADDRESSES	10:00 a.m. 1:00 p.m. 01-937-3671	9:30 a.m. 1:00 p.m. 01-584-4948	10:00 a.m. 12:30 p.m. 01-937-2902	01-730- 3 Photc
INNOCULATIONS REQUIRED	No photos	No photos	2 Photos Smallpox Cholera Typhoid	Smallpx Cholera
BRITISH & COMMONWEALTH	Transit N. ZEALAND 43P AUSTRALIA FREE	Transit 43p	Transit 15 days. Entry vis British -None (90 dæ Aust. 2Op British-None N. Zealand 1Op Aust. Canada Free N.Z.	
IRISH	Transit 43p	Transit 43p	Transit £1.90	Tourist This v: unobta: London.
AMERICAN	Transit free	Transit 43p	Transit free	It is a Istanbu border. All nat
WEST GERMAN	No visa	Transit 43p	No visa	
SWEDISH	No visa	Transit 43p	No visa	
SWISS	No visa	Transit 43p	Transit 43p Entry 90p	
FRENCH	No~ visa	Transit 43p	No visa	
DUTCH	No visa	Transit 43p	No visa	

	LEBANON	IRAQ	JORDAN	A
EMBASSY ADDRESSES	15 Palace Gdn. Mews, London W. 8 10:00 a.m. 1:00 p.m. 01-229-8485	21 Queens Gate Gdns., London S.W. 7 10:00 a.m. 12:00 noon 01-584-7141	6 Upper Philimore Gdns., London W. 8 9:00 a.m. 3:00 p.m. 01-937-3686	31 Princes Gate, London S.W. 7 10:30 a.m. 1:00 p.m. 01-589-8891
INNOCULATIONS REQUIRED BRITISH & COMMONWEALTH	No photos Smallpox Cholera Transit 15 days British 30p Commonwealth- £1.00	3 photos Smallpox Cholera Transit 7 days £2 .30	No photos Smallpox Cholera Entry Visa £1.25 £2	3 photos Smallpox Cholera Typhoid Tourist £2.00
IRISH	Transit 15 days £1	Transit 90p	Entry Visa £1.25	Tourist Free
AMERICAN	Transit £1	Transit £1	Entry Visa £1.25 Fr	Tourist £2.00
GERMAN	No visa	Transit £4.00	Entry Visa £1.25	Tourist £1.00
SWEDISH	Transit £1	Transit £1	Entry Visa £1.25 58	Tourist £1.00
SWISS	Transit £1	Transit Free 15	Entry Visa £1.25	Tourist £1.00
FRENCH	Transit £1	Transit £1	Entry Visa £1.25 £1	Tourist £1.00
DUTCH	Transit £1	Transit Free £1	Entry Visa £1.25	Tourist £1.00

	PAKISTAN	INDIA	NEPAL	THAILAND
EMBASSY ADDRESSES	35 Lowndes Square, London S.W.1	India House, Aldwych	12a, Kensington Palace Gdns., London W. 8	30 Queens Gate London S.W. 7
	9:30 a.m. 12:30 p.m.	9:30 a.m. 12:30 p.m.	10:00 a.m. 12:00 noon	10:00 a.m. 1:00 p.m.
	01-235-2044	01-836-8481	01-229-1594	01-589-2857
INNOCULATIONS	No photos Smallpox Cholera	3 photos Smallpox Cholera	2 photos Smallpox Cholera	3 photos Smallpox Cholera
REQUIRED BRITISH &	No visa	No visa	Typhoid Tourist £1.20	Tourist £1.40
COMMON-WEALTH				
IRISH	No visa	Tourist £1.00	Tourist £1.20	Tourist £1.40
AMERICAN	Tourist Free	Tourist 90p	Tourist £1.20	Tourist £1.40
WEST GERMAN	No visa	No visa	Tourist £1.20	Tourist Free
SWEDISH	No visa	No visa	Tourist £1.20	Tourist Free
SWISS	Tourist £1.32	Tourist £1.00	Tourist £1.20	Tourist £1.40
FRENCH	No visa	Tourist £1.70	Tourist £1.20	Tourist £1.40
DUTCH	No visa	Tourist £1.00	Tourist	Tourist £1.40

£1.2

SECTION 5

To offer any kind of a budget estimate we must give examples based on many assumptions. The examples given below envisage 4 people travelling London/Kathmandu by the following routes in a VW Kornbi or a Landrover 109" wheelbase.

ROUTE 1: Via Central Turkey, Northern Iran, Afghanistan,
Pakistan, India, Nepal. 7,000 miles

ROUTE 2: Via Southern Turkey, Irag, Iran, Afghanistan,
Pakistan, India, Nepal. 11,000 miles

Both take the most direct route through Europe as far as Istanbul, i.e. Munich, Salzburg, Belgrade, Sofia (Route 1), Thessaloniki (Route 2).

ROUTE 1 LANDROVER 7 Weeks 6,949 miles

FUEL Average 13.73 m.p.g.

England	4 gals	1.60	1.60
Belgium	44 litres	500 BF	5.00
W. Germany	145 litres	119 DM	19.64
Austria	85 litres	418 AS	9.10
Yugoslavia	239 litres	935 Dinars	26.00
Turkey	417 litres	679 Lira	20.00
Iran	563 litres	3519 Rials	22.00
Afghanistan	287 litres	2303 Afs	17.70
Pakistan	28 gals	203 Rupees	8.47
India	242 litres	670 Rupees	36.22
Nepal	60 litres	234 Rupees	<u>9.78</u>
			176.15

OIL 6.12

SERVICING AND REPAIRS 3.26

SPARES 1.52

ROAD TOLLS

Turkey	1.45	
Afghanistan	2.00	
Pakistan	.57	
Nepal	1.90	5.92

FERRIES

England	23.80
Turkey	.85
India	1.30

FOOD

@ £5.00 per head per week £ 140.00

TOTAL £ 358.92

ROUTE 2 LANDROVER 14 WEEKS 10,866 MILES

FUEL – Average 12.25 mpg

England	20.6 gals	6.97	6.97
Belgium	56 litres	641 BF	7.36
W. Germany	152 litres	115.5 DM	20.01
Austria	44 litres	180 AS	4.23
Yugoslavia	236 litres	662 Dinars	19.07
Greece	20 litres	147 Dracs	2.08
Turkey	1159 litres	1848 lira	55.00
Iraq	59 gals	8 Dinars	11.70
Iran	770 litres	4646 Rials	23.70
Afghanastan	477 litres	3824 AFS	29.41
Pakistan	26 gals	198 Rupees	8.62
India	482 litres	1326 Rupees	71.66
Nepal	43 litres	187 Rupees	<u>7.62</u>
			267.44

OIL			8.50
SERVICING & REPAIRS			11.00
SPARES (43 TYRES TURKEY)			52.64
ROAD TOLLS			

Iran	.16
Afghanistan	2.13
Pakistan	0.65
India	1.10
Nepal	1.90

Total	5.94
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FERRIES

England	23.80
Turkey	.85
India	1.30

Total	25.95
-------	-------

FOOD	5.00 per head per week	140.00
CAMPSITES		2.00

Total	653.43
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ROUTE 2 VW KOMBI 14 WEEKS 10,866 MILES

FUEL – Average 19.79 mpg

England	25.5 gals	8.9	8.95
Belgium	35 litres	398 BF	4.57
W. Germany	97 litres	72 DM	12.40
Austria	27 litres	106 AS	2.52
Yugoslavia	143 litres	403 Dinars	12.00
Greece	10 litres	74 Dracs	1.00
Turkey	669 litres	1102 lira	30.12
Iraq	19 gals	3 Dinars	4.00
Iran	406 litres	2428 Rials	15.00
Afghanastan	257 litres	2134 AFS	16.40
Pakistan	14 gals	137 Rupees	5.70
India	382 litres	1065 Rupees	57.00
Nepal	31 litres	135 Rupees	<u>5.62</u>
			175.28

OIL			2.00
SERVICING & REPAIRS			38.35
SPARES (43 TYRES TURKEY)			19.00
ROAD TOLLS			

Iran	.16
Afghanistan	2.13
Pakistan	0.65
India	1.10
Nepal	1.90

Total	5.94
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FERRIES

England	25.20
Turkey	.85
India	1.30

Total	27.35
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FOOD	5.00 per head per week	140.00
CAMPSITES		2.00

Total	549.92
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The price of petrol for the journey averages 30p per gallon

GENERAL:

Selection of spares, tyres, roof rack	est	£	110.00
One 4-man Connaught framed tent	"		50.00
4 Sunsa beds +polywarm sleeping bags	"		50.00
2 Propane Gas containers			13.80
Gas stove, gas lamp, 2 water carriers, a bowl			26.05
Canteen cutlery and crockery			13.75
Medical			6.00
Provisions (initial stock)			20.00
Sundries, visas, vaccinations			40.00
Contingency reserve -£50 each			<u>200.00</u>
			529.60

DOCUMENTATION:

Carnet

Insurance cover for the above based on rating for VW Kombi estimated
Insurance, Third Party cover, including Green Card for Europe, for VW Kornbi
(4 months) Personal Insurance 4 persons for 4 months' cover each
£

SHIPPING

The cost of shipping to Australia from India is expensive. The details of
the various services are enclosed. As a quick guide the Madras/Penang
freight service rates are based on length.

<u>LENGTH</u>	<u>FREIGHT RATES U.S.\$</u>
Up to 3.50 metres	\$163.00
3.51 to 3.81metres	\$183.00
3.82 to 4.42metres	\$209.00
4.43 to 5.03metres	\$229.00

The Singapore/Fremantle service freight rates are Aus. \$22.50 per cubic
metre.

To convert the above fares to pounds consult your bank -as a rough guide use
£1 =US\$2.30, and Aus\$1.60 (Feb. 1974)

In February 1974 the cost of shipping a VW Kornbi to Fremantle from Madras
is as follows:

Madras to Penang	90.00
Singapore - Fremantle	£284.00

This quote does not include port handling charges.

GENERAL INFORMATION

FIREARMS:

It is very inadvisable to attempt taking firearms. They are not in any way necessary and at best will cause you very considerable delays at the many borders. Taking firearms is only asking for trouble.

SEASONS:

Although the Trans Asia journey can be undertaken any time of the year, the best times to depart England are between August and October, February and April. The Monsoon period in India is between July and September and road travel should not be attempted during this period. Temperatures in Asia and the Middle East before the Monsoon (between May and July) can be between 40 C and 50°C. The winter period (December to February) through the Middle East can be extremely cold with temperatures down to -30°C. India is enjoying its coolest months at this time of the year.

CONTACT ADDRESSES:

Poste Restante facilities exist in the major towns along the route. The form of the address is important as it minimises possible errors by a sorter who may not understand English. Therefore leave out the initials before the Surname. For instance, if your name is Mr. W. Wheelbarrow the address should read:

Mr. Wheelbarrow (W), Box under W, Poste Restante,
and this is followed by the name of the town. (Istanbul, Tehran, Shiraz, Kabul, Lahore, Delhi, Kathmandu)

LANGUAGE:

English is widely spoken throughout. German is becoming increasingly popular because of Germany's increased trading with these countries and yearly intake of foreign workers.

PHOTOGRAPHY:

This is a journey well worth recording on film. If you intend taking a lot of film and will be away for a considerable period it may be worth while to apply for a duty free exemption. Write to:

HM Customs and Excise,
Section PT4,
Adelaide House,
London Bridge,
London E.C. 4

This process may be lengthy and involved. However, Kodak will only accept orders for duty free exemption of £50 or more.

In some places photography may be a sensitive subject for security or religious reasons. Military establishments must not be photographed; anyway, most are not worth bothering about.

Muslim women do not like being photograhed and if this is attempted it could cause unnecessary hostility. The beggars generally will cooperate but only for a reward.

Plan to mail your film from the major cities. Turkey and Iran have fairly efficient mailing systems. Pakistan, and India tend to be less reliable.

Any time spent in preparation, dust-proofing and packing, your equipment will be time well spent.

With the information provided so far, you should be about to set about the job of buying a sound and suitable vehicle. You have a basic checklist for spares, tools, camping and catering equipment and a medical kit. We have taken you through the demands of officialdom and rounded it all off with a guide line for your budgeting.

Well, it's a start. But there's more to Asia-Overland than pointing your vehicle in an easterly direction from London. Think about it again. You are taking on between 7,000 and 10,000 miles of unfamiliar territory. For the unprepared novice, the route offers countless headaches, hazards and obstacles.

Trail Finders have just produced your answer -a comprehensive guide for the entire route.

This new handbook a sequel to the one you are reading now will take you through Belgium, Germany, Austria, Yugoslavia, Greece, Turkey, Syria, Lebanon, Jordan, Iraq, Iran, Afghanistan, Pakistan, India and Nepal.

It's easy to read and packed with information from the first hand knowledge of men who regularly travel this route.

Each country outside Europe is introduced with a page covering its basic history; frontier customs requirements; Insurance; Petrol/Diesel; Roads: Camping facilities: and a "Trail Finders' Tips" section which features anything from shopping bargains to warnings about causing offence to the locals.

Then there are pages of interesting detail (with maps) about some of the major cities you'll encounter en route.

For the rest, the route planning handbook takes you through each stage of the journey.

Each average day's driving is given two pages: including a map and detailed information about the features of that particular stretch of road.

For this indispensable route planning handbook all you need to know about the miles from London to Kathmandu -the Trail Finders' charge is only £9.50.

If you're travelling that far, it's a vital investment. So, write or call us soon.

Trail Finders Advisory Service, 48 Earls Court Road, London W8 6EJ

Tel: 01- 937-9631

FOOTNOTE:

Trail Finders have double-checked every detail in the Asia-Overland Handbook to ensure the highest degree of accuracy. Trail Finders and its consultant can accept no liability for any unforeseen changes affecting this information which may take place in any of the countries along your route.

“CENTAUR” FREIGHT RATES

Singapore/Fremantle and Vice-versa

Rate (Aus \$)

* Motor cars/Motorised caravans	per cubic metre	26.00
0* Motor Buses/Caravans/Trailers Trucks /Landrovers /Vans	per cubic metre	27.25
* Motor Cycles/Scooter		
without side-car: Up to 1600 cc	Each	26.50
Over 1600 cc		45.50
with side-car:		71.00

0 Plus heavy lift additional wherever applicable

* There is a 10% concession if the vehicle is accompanied by owner.

+ Boats/Dinghies/Pleasure Craft	per cubic metre	27.00
Household/Personal Effects	1000 Kgs	37.50
	or per cubic metre	27.00

+ Subject to a minimum charge of A\$115. Shippers would be required to provide their own chocks or cradles, slings, or spreaders.

Due to the increase in the cost of fuel oil there is a bunker surcharge of A\$3.80 per cubic metre on all freight.

There is a currency adjustment factor of 3% which is deductible from the total freight charges.

N.B. The bunker surcharge of A\$3.80 per cubic metre may increase nearer the time of shipment: and the freight will be amended accordingly. In any case all freight charges are subject to increase with or without notice.

Vehicles are carried on/under deck at ship's option.

Vehicles are carried entirely at Owner's Risk and Insurance is strongly recommended. Insurance can be arranged by our Singapore Agents with the Liverpool and London Globe Insurance Co. Ltd. or the Thames and Mersey Marine Insurance Co. Ltd. In any event please advise your Insurance Company that the car will be documented on a Non-Negotiable Receipt, if accompanied, and on a Bill of Lading if unaccompanied.

All expenses prior to loading and after discharge are the responsibility of the Owner. Whilst the necessary documentation etc. in Singapore is relatively simple it can, coupled with preparing and delivering the car for shipment, occupy a considerable amount of time. Vehicles are required for loading early on the morning of sailing. As vehicles are not permitted entry into Singapore until the day of sailing there is insufficient time for Owners to make the necessary arrangements and to obtain an Export permit consequently. A Forwarding Agent should be engaged to undertake documentation. Organisations such as the Automobile Association.

Warehousing and Transportation (Pte) Ltd., and principal motor companies are all well versed in the procedure and can be engaged at a handling fee of approximately Sing. \$50.00

Prior to effecting shipment, petrol tanks and oil sumps must be drained and all battery leads must be disconnected from the terminals and taped. Any cooking gas must be removed.

An Export Permit, duly approved by the Registrar of Imports and Exports, must be submitted before a shipping order can be issued. Owners are recommended to contact the A.A. for further details.

It is most important that the Non-negotiable Receipt (accompanied vehicles) or Bill of Lading (unaccompanied vehicles) is received from the Forwarding Agent prior to shipment otherwise delivery will not be given at the port of destination. In the absence of documents owners will be required to obtain a Bankers Indemnity.

REVISED "CENTAUR" FARES EFFECTIVE FROM 5TH APRIL 1974

Scheduled Fares - Fremantle/Singapore and vice versa - Australian Dollars

<u>*G~DE</u>	<u>SINGLE</u>	<u>RETURN</u>	<u>ROUND TRIP CRUISE</u>
A	360	680	710
B	330	620	660
C	330	620	660
D	300	560	600
E	270	500	530
F	250	470	500
G	240	450	480
H	200	380	420

Straits Coastal Fares

<u>Grade</u>	<u>Singapore Port Kelang ~ or vice- versa</u>	<u>Singapore Port Kelang ~ Penang</u>	<u>Port Kelang Penang Singapore</u>	<u>Port Kelang singapore</u>	<u>Port Kelang Penang</u>	<u>ingapore</u>
A -D \$A45	\$A27	\$A54	\$A72	\$A36	\$A27	\$A54
\$S153	\$S93	\$S186	\$S250	\$S125	\$S93	\$S186
E -H \$A33	\$A20	\$A40	\$A72	\$A36	\$A20	\$A40
\$S113	\$S69	\$S138	\$S250	\$S125	\$S69	\$S138

Fares are subject to increase with or without notice.

- * A Suite (Bath & Toilet)
- B Single (Shower & Toilet)
- C Two bed A Deck (S&T); Studio two bed C Deck(S&T)
- D Two bed B & C Deck (S&T); Three bed C Deck (S&T)
- E Two berth Outside
- F Two berth Inside
- G Three berth
- H Four Berth.

AUSTASIALINE

FREIGHT RATES SINGAPORE FREMANTLE

	<u>Scale -Ton</u>	<u>Rate (Aus \$)</u>
Motor Buses/Caravans Trailers/Trucks	M3	27.25
Motor Cars & Motorised Caravans	M3	26.00
Motor Cycles:- without side-car		
-up to 1600 cc	Each	26.50
-Over 1600 cc	Each	45.25
with side-car	Each	71.00
Household/Personal Effects	1000 Kgs	56.25
	M3	40.50

Scale Ton -MC -Cubic Metre

* 10% concession applicable if accompanied by passengers. (On/under deck at ship's option).

Plus heavy lift additional if over 3 tons.

Prior to effecting shipment, all petrol tanks and oil sumps must be drained and all leads must be disconnected from the terminals of batteries. Any cooking gas must be removed.

Freight must be prepaid.

An Export Permit, duly approved by the Registrar of Imports and Exports, must be submitted before a Shipping Order can be issued.

U.K. AGENTS: Sea Travel Centre, 10 Haymarket,
London SW1Y 4DD

Singapore
27.11.73

AUST ASIA -LINE

S.S. Malaysia -8,500 Tons

FARE SCHEDULE SINGAPORE/FREMANTLE

	<u>GRADE</u>	<u>SINGLE FARE</u>
Single Room (+ facilities)	A	£133.00
Two Bedstead (+ facilities)	B	£133.00
Three Berth (+ facilities)	C	£124.00
Single Room (-facilities)	D	£119.00
Two Bedstead (-facilities)	E	£119.00
Two Bedstead (+ facilities)	F	£119.00
Two Berth (-facilities)	G	£113.00
Four Berth (-facilities)	H	£82.00

16th May, 1973.

.S.S. Malaysia

Descriptions of double cabins grades B, E, F and G.

- Grade B - Two-bedstead cabins with facilities, situated on Boat, Promenade, Upper and Main decks. These are outside cabins, equipped with two lower berths, and private bathroom and toilet attached.
- Grade E - Two-bedstead (without facilities). One cabin only in this grade, number 22 situated on Main Deck.
- Grade F - Two-bedstead cabins situated on Boat deck (Aft). There are two such cabins, Nos. 83 and 84, each has private bathroom and toilet attached.
- Grade G - Two-berth cabins (without facilities) situated on Upper Deck (Aft). These cabins have upper and lower berths.
- Grade C - 3-berth cabins with facilities. These cabins are 'B' grade cabins if sold to two adults, but if three adults occupy the cabin, an additional pullman berth is affixed.

December 1972.

AGENTS: K.P.V. Shaik Mohamed Rowther & Co. Pvt. Ltd., 41 Linghi Chetty Street,
Madras -1.

MADRAS/NAGAPATTINAM-t MALAYSIA/SINGAPORE SERVICE .m.v. CHIDAMBARAM

SHIPMENT OF CAR

On m.v. CHIDAMBARAM there is space to accommodate 15/20 cars.

Passengers intending to ship their vehicles must pay full freight at time of obtaining the Shipping Order. Acceptance of freight is subject to Exchange Control Regulations of the Reserve Bank of India. Transit passengers paying fare in rupees should produce a Certificate issued by an authorised foreign exchange dealer confirming the encashment of foreign Currency/Travellers Cheques.

Shipment of car involves complicated Customs and port formalities. Passengers are, therefore, advised to seek the assistance of reliable clearing and forwarding agent. If passengers so desire, our Clearing and Forwarding Department would be very much pleased to assist. Kindly contact our Clearing and Forwarding Department for further details.

FREIGHT RATES (TO PENANG AND SINGAPORE)

Motor Cycles	US\$44.50
Motor Cycles - with side cars	US\$67.00
Motor Scooters	US\$44.50

MOTOR CARS

<u>Length</u>	<u>Freight Rates</u>
General length up to 3.50 metres.	US\$163
<u>Length</u>	<u>Freight Rates =US\$</u>
From 3.51	-3.81 metres 183.00
3.82	-4.42 " 209.00
4.43	-5.03 " 229.00
5.04	-5.33 " 247.00
5.34	-5.64 " 267.00
5.65	-5.94287.00
5.95	-6.55 " 307.00
6.56	-7.16 " 346.00
7.17	-7.62 " 392.00
Over	7.63 metres 411.00

NOTE:

1. What is quoted above is only Ocean Freight.
2. All incidental expenses such as port dues, handling charges, clearing and forwarding Agents' Commission etc. should be borne by the passengers.
3. "Mate Receipt" to be issued by the Chief Officer of the Vessel after the loading of the vehicle should be produced to us for issue of "Delivery Order" on the Agents at the Port of discharge.
4. Latest time/day for the tendering of the vehicle at the jetty:

Passengers are advised that if the vehicle is not tendered at the jetty as per the time and date indicated in the Shipping order, the vehicle will not be accepted for shipment and the company is not responsible for whatsoever consequences.
5. There is no facility to ship vehicles through Nagapattinam Port.
6. Freight rate for Penang and Singapore is the same.
7. Freight will be charged as in force on the date of sailing at the prevailing rate of exchange.

THE SHIPPING CORPORATION OF INDIA LTD

MADRAS/STRAITS SERVICE

m.v. CHIDANBARAM_1975/1976.

VOYAGE NO	Dept	MADRAS Call	NAGAPATTINAN Arr	PENANG Dep	Arr	SINGAPORE Dep
Voy 50		17/10	18/10	22/10	23/10	~24/10
Voy 51		05/11	Omits	09/11	10/11	11/11
Voy 52		22/11	Omits	26/11	27/11	28/11
Voy 53		10/12	Omits	14/12	15/12	16/12
Voy 54		28/12	Omits	01/1/76	02/1/76	03/1/76
Voy 55		15/1	Omits	19/1	20/1	21/1
Voy 56		03/2	04/2	08/2	09/2	10/2
Voy 57		22/2	23/2	27/2	28/2	01/3
P. KELANG	Dep					

AUSTASIA LINE PTE. LIMITED
WEST AUSTRALIA SERVICE

S.S. "MALAYSIA". SCHEDULE 1976

VOYAGE NO	P. KELANG Dep	SINGAPORE dep	Arr	FREMANTLE Arr	Dep	SINGAPORE Arr	Dep	KELANG dep
Voy 92	3.1	4.1	5.1	12.1	15.1	22.1	24.1	25.1
Voy 93	25.1						26.1	26.1
14.2	15.2							2.2
Voy 94	15.2				16.2	16.2	23.2	26.2 4.3
Voy 95	7.3				8.3	8.3	15.3	18.3 25.3
*Voy 96	28.3				29.3	29.3	5.4	8.4 15.4
*Voy 97	22.4				23.4	24.4	3.5	6.5 13.5
Voy 98	16.5				17.5	17.5	24.5	27.5 3.6
Voy 99	6.6				7.6	7.6	14.6	17.6 24.6
Voy 100	27.6				28.6	28.6	5.7	8.7 15.7
Voy 101	18.7				19.7	19.7	26.7	29.7 5.8
Voy 102	8.8				9.8	9.8	16.8	19.8 26.8
Voy 103	29.8				30.8	30.8	6.9	9.9 16.9
*Voy 104	19.9				20.9	20.9	27.9	30.9 9.10
*Voy 105	Voy 105				14.10		17.10	18.10
5.11	-							25.10
Voy 106	Voy 106				-		22.11	22.11
11.12	12.12							29.11
*Voy 107	Voy 107				12.12		13.12	13.12
4.1	5.1							20.12
*Voy 108	Voy 108				6.1		9.1	10.1
29.1	30.1							17.1
								20.1
								27.1

SUBJECT TO ALTERATION/CANCELLATION WITH OR WITHOUT NOTICE.

For return journeys Singapore/Madras contact:- Escombe, McGrath & Co. Ltd.,
5 Pall Mall East, London SW1.

Telephone: 930-9631

U.K. Agents:-

Sea Travel Centre (UK) Ltd., 10 Haymarket, London SW1Y 4DD.

Tel: 01-839-8844

Singapore,

10th September, 1975.



TRAIL FINDERS (SERVICES) LTD.

48 Earls Court Road London W8 6EJ (Regd. Office)

Telephone: 01-937 5316 Telex 919670 Cab'e Trailfind London Registered in England Reg. No. 1085456

14th November 1975.

Dear Harvey,

Thanks for your letter, as you see I am trying my hand at typing, so please excuse the errors. Your life sounds wonderful, are you going to stay there for good, by the way you did get my surname right, and thanks for the good wishes.

It is a bit difficult about the book, as I was in Barbados when some of it was printed, so I think the best thing to do is to send you a book so that you can see for yourself, if anyone says anything I will say that you asked for one, any way you should see one just to see what it is like.

Must go now, so take care and have some sun for me, remember if there is any queries, you asked me to send you ~ a a copy, because a) I still work here

b~ I really dont know what went on

c) I dont want to see you done, I did not know that you were charged for printing.

Any way I hope everything turns out all right,

Love Jacquie.~~~

<u>PER PERSON PER DAY</u>	<u>ITEM</u>	<u>REMARKS</u>
1. MEAT ETC.	6 oz. Corned beef, Pork, Luncheon meat, Sausages, Steved steak, Minced beef, Hamburgers, Frankfurters	Items like mixed meat and vegetables, puddings etc. should be avoided as these contain a lot of fluid - go for solid meat. It can be eaten cold and is a good emergency ration.
2. VEGETABLES	1 oz. A selection of dehydrated vegetables including onions.	Good, quick and easy to prepare. A large selection available. Much cheaper in catering packs. Batchelors are recommended.
3. POTATOES	1 oz Instant potato such as SMASH	Very quick. Again, much cheaper in large packs.
4. SUGAR	2 oz.	Must be kept dry and beware of ants.
5. MILK	2 oz. Powdered or tinned milk	Evaporated milk will keep for 24 hours opened - it seals itself with a skin, or you can buy plastic caps.
6. FLOUR	1 oz. Split between plain and self-rising	The amount of flour you will use depends entirely on your cooking prowess in the field. A biscuit tin makes an effective oven. Pancakes, fritters and rough bread are all good diet changes.
7. COOKING OIL	Good quality oil.	1 Gal. will last 2 people 3 months but it is not worth taking containers other than 1 gal. cans so work to the nearest practical amount.
8. RICE	1/2 oz. Parma rice	A good quality rice such as Uncle Bens - very much cheaper in 10 lb bags.
9. BEVERAGES	1/2 oz. Tea/coffee/bovill/Horlicks/ Drinking chocolate/ Ovaltine	The choice of your main beverage will depend again upon personal preference but the total should be 1/2 oz. per day. A variety of drinks makes a pleasant change but it is usual to carry predominantly tea or coffee. Extra Ovo/bovill should be taken if used in cooking.
10. CEREALS	1 oz. Porridge etc.	The most practical is porridge, others have a bad weight/space ratio and use a lot of milk.
11. BISCUITS	1/4 oz. Bvitta/Scanda Crisp/ Sweet biscuits	A good diet alternative. Must be kept airtight. Bread not always available and not at all for some two weeks.
12. CHEESE	1/4 oz. Tinned cheese	A good reserve ration. Excellent weight/nutrition ratio.
13. PRESERVES ETC.	Jam/Marmalade/Lemon Curd/ Various Spreads/ Peanut Butter	Again a good diet variant. Askward packs and a nuisance unless consumed quickly after opening.
14. CONDIMENTS	7 lb tin SALT	KEEP DRY Quantities should be convenient packs. Remember well used condiments can make almost anything taste good.
15. MISCELLANEOUS	Macaroni/Spaghettii/ Baked beans/Lentils/ Dehydrated soups	All useful items but should be calculated to fill up available space. Dehydrated soups are good weight value and can be used as flavouring or sauces. Better to carry 5 lbs of each than to work on a 'per head' scale.

