

FOOD

UK Climate 20-30 days without.

WATER necessary for digestion.

20 -30 days in temperate climate.

Doing nothing uses about 1700 calories per day. If you are moving about this increases dramatically

If travelling over cold areas you need to carry food.

EG Polar region 5000 calories per day per person.

You need water to digest food. If you eat without water it will use the bodies water to digest the food and you will dehydrate.