

## AUSTRALIAN DEFENCE FORCE

# EMERGENCY FLYING RATION - Packed 2007/2008

## CONTENTS AND INSTRUCTION SHEET

The Emergency Flying Ration (EFR) provides a range of food and other survival items. The rate of consumption of the EFR depends on the tasks being performed and the supply and quantity of water available. All food items from the EFR should only be consumed when an adequate water supply is available. The length of time you could be in a survival situation is unknown, and you must determine how best to use any rations provided to maximise your chances of survival.

The circumstances in which you find yourself will dictate the amount you eat each day. Plan this carefully, by eating a portion of each kind of food. Avoid keeping foods for extended periods to maximise food acceptability.

Be conscious of the need to conserve body water by preventing loss through sweating. In hot and/or humid climates, at sea or on land, utilise shade and breeze where possible, loosen clothing and when possible avoid exertion. If possible, only travel by night when on foot.

**NO MATTER HOW THIRSTY YOU ARE DO NOT DRINK SALT WATER AND DO NOT ADD SALT WATER TO FRESH WATER RATIONS.** Note, however, that if small amounts of salt water get into a fresh water ration by mistake, this is not serious.

Fresh water should always be sterilised before it is consumed. This is achieved by boiling it or using the water sterilisation tablets provided. Detailed information on water sterilisation is on the reverse of this page.

**SALT WATER CANNOT BE MADE FIT TO DRINK BY EITHER OF THESE METHODS.**

### SUGGESTED IMPROVEMENTS

Any suggestions regarding improvements to ration packs should be directed to: -

Technical Adviser  
Catering Fleet  
GSSPO, VBM  
256-310 St Kilda Road  
Southbank VIC, 3006

**NB** Chocolate may develop a light coloured film on the surface. It is still safe to eat. By dissolving a portion of the chocolate in sterilised hot water a chocolate drink can be made.

### WATER STERILISATION

All water supplies must be regarded as contaminated unless medically cleared. If the water is dirty or cloudy, first filter using the Millbank Individual Filter if available, if not any clean porous material will suit. Once filtered, add the water sterilisation tablets, following directions on the tablets package. Wait 3 minutes and shake well, wait an additional 20 minutes so bacteria are killed before drinking or using to prepare food or beverage. Water may also be sterilised by boiling for a minimum of five minutes.

The beverage base powder has water sterilisation properties but must only be relied upon if it is NOT POSSIBLE to boil water.

### AVOID DEHYDRATION

Heat and exercise cause dehydration and loss of thirst. Even if you do not feel thirsty, you should drink a lot of water if you sweat heavily. Drink enough water to keep your urine clear.

### SALT INTAKE

Do not consume extra salt unless you drink plenty of water. It is harmful to consume extra salt without drinking extra water.

### DISPOSAL OF LITTER

There is packaging litter in each EFR, which may give intelligence to the enemy if discarded. Additionally, different coloured paper tags are contained in all ration packs. The coloured paper tags are included as a quality control measure. The tags are useful as markers and model indicators. Dispose of all litter in a thoughtful manner and with consideration for the environment.

AUSTRALIAN DEFENCE FORCE

## EMERGENCY FLYING RATION - Packed 2007/2008

### LABELLING INFORMATION

Nutritional, ingredient and use-by information is available from the Technical Adviser DMO.

### LIST OF CONTENTS

**Occasionally, due to unavoidable circumstances, items may be substituted.**

<b>Food Items</b>		<b>Non-Food Items</b>	
Beverage powder sport		Bag, inner, sundry	1 only
- lemon & lime	1 x 12g pouch	Bag, re-sealable	1 only
- mixed berry	1 x 12g pouch	Blade razor, single edged	1 only
Beverage, coffee, instant	2 x 3.5g pouch	Container, food, with lid & handles	1 container, lid plus 2 handles
Beverage, tea, pot bag	1 x 2.5g pouch	Instruction sheet	1 only
Biscuit, Crispbread	1 x 34g pkt	Matches, waterproof	1 only vial x 10 matches
Candy, chocolate	1 x 60g pkt	Pad, scouring, soaped	1 only
Chocolate ration	2 x 50g block	Toilet paper	1 x 10 sheets
Milk, skim, dried	2 x 3g pouch	Water sterilisation tablets	1 x bottle of 50 tablets
MB – Apricot/ Coconut	1 x 32g pkt		
MB - Tropical	1 x 32g pkt		
Sugar	4 x 7g pouch		

INGREDIENT LIST			
Beverage Pwd Sport Lemon & Lime	Beverage Pwd Sport Mixed Berry	Muesli Bar - Anzac	Muesli Bar - Tropical Fruits
Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (102, 133), Emulsifier (408).	Sugar, Food Acid (296, 331), Artificial Sweetening Substances (952, 954), Mineral Salt (508, 341) Sodium Chloride, Preservative (211), Flavours, Vitamin (Vitamin C), Colour (124, 133), Emulsifier (408).	Oats, Desiccated Coconut, Rolled Wheat, Sugar, Vegetable Oil, Golden Syrup, Puffed Rice, Glucose, Salt, Sodium Bicarbonate, Emulsifier (lecithin), Flavour.	Oats, Glucose Syrup, Dried Tropical Fruit (paw paw, pineapple, banana, mango), Rolled Wheat, Sugar, Vegetable Oil, Puffed Cereal (rice, oats, corn), Desiccated Coconut, Humectant (sorbitol), Honey, Skim Milk Powder, Fruit Juice Concentrate (lemon, passionfruit), Emulsifier (lecithin), Food Acid (citric), Colours (caramel, beta carotene), Flavour.
Candy Chocolate		Chocolate Ration	
Milk Chocolate (sugar, cocoa mass, full cream milk powder, cocoa fat, butter, emulsifier (lecithin), flavours), Sugar, Corn Starch, Water, Glucose Syrup, Vegetable Gum (414), Colours (102, 110, 124, 133, 171), Thickener (dextrin), Peanut.		Cocoa Butter, Sugar, Dextrose, Skim Milk Powder, Cocoa Liquor, Oat Flour, Emulsifier (lecithin), Vitamins (Vitamin A, Thiamin & Vitamin C).	
Sugar	Biscuits Crispbread	Beverage Coffee Instant	Beverage Tea Pot Bags
Granulated Crystallised Sucrose.	Wheat, Vegetable Oil, Invert Syrup.	Coffee Powder.	Small Leaf Tea
Milk Skim Dried			
Milk Skim Dried			

### FOOD ALLERGIES

This ration pack has **NOT** been catered for consumers with any food allergy or special dietary requirements. You should read the **Contents** and **Instruction Sheet** before consumption. If you have any doubts about the contents, you should not consume the ration pack.