

From: s47F
To: [redacted]@defence.gov.au
Subject: 260211:1803 - s47F [redacted]@defence.gov.au] Sqwincher/hydralyte etc
Date: Wednesday, 11 February 2026 6:04:15 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Can we get some LOW sugar electrolyte replacement in future ration packs please.

Multiple op resolutives where sitting in observation post all day...I don't need the sugar (other the to assist hydration) and just need to stop the dehydration headache 40deg day temps etc

Please Thanks

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From: s47F
To: s47F@defence.gov.au
Subject: 260215:1015 - s47F@defence.gov.au] Ration packs
Date: Sunday, 15 February 2026 10:15:58 AM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Ration Pack Breakfast Feedback

Personally, I strongly dislike the banana porridge included in the current ration packs. The texture and taste are very similar to baby food, which I find quite unpalatable and it often leaves me feeling unwell or nauseous after consumption.

I have discussed this with a number of others, and the majority share similar views regarding the banana porridge, although I acknowledge that a small number of personnel do find it acceptable.

It would be worthwhile reviewing and revising the breakfast options in future ration pack iterations. The muesli option is generally well received and considered a good inclusion. Additionally, the peaches that were included in previous ration packs are greatly missed and were widely appreciated as a breakfast component..

Regards.
s47F

From: s4
To: [redacted]@defence.gov.au
Subject: 260215:1340 - s47 [redacted]@defence.gov.au] Rat packs
Date: Sunday, 15 February 2026 1:40:28 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Hi,

Although I have left the service some time ago, mid 90's.

I realise rat packs have evolved.

One thing that many of my army mates all said is that anything that can be eaten and is tasty when the food is cold, makes a digger fell good.

However, if that same meal is able to be heated up b4 consumption then that meal becomes something on a whole new level.

Being cold and wet to the skin, a hot enjoyable meal is a slice of heaven.

1982 to 1997, the small can of ham & eggs was currency between mate. Hot or cold that little can of goodness was the bomb.

This days we relax with hunting and camping trip last up to 10 days. I mimic the 1 day rat packs as I plan my requirements.

EBay and Market Place are full of people selling MRE's, Hungry Busters and individual items like matches and FRED's.

Does your department sell to the public or to a wholesalers.

Rat packs are the talk of many ex-sericeman, hunters, prospectors, campers, hikers and others.

Thanks for the opportunity for allowing feedback.

Cheers

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From: s47F
To: @defence.gov.au
Subject: 260215:1437 - s47F @defence.gov.au] Rat pack feedback
Date: Sunday, 15 February 2026 2:37:30 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Hi team, I'm passing on my feedback on rat packs hoping for improvements including adding veg and reducing fat.

Less fat content in the meals - as these are often eaten cold, the congealed fat is off putting

Remove the chocolate blocks or replace with better quality. I love chocolate, but the white fatty stuff labeled as chocolate is inedible

Add more veggies. The focus on carbs and sugar is not sustainable after a few days and creates fatigue without veggies.

Add in some fruit. Eg, in a foil pack like the tuna is in

Protein shake - can this be lactose free please????? I really need the protein but the current stuff gives me the runs (and I don't mean by taking minutes off the BFA)

Sent from my iPhone

From: s47F
To: @defence.gov.au
Subject: 260216:1944 - s47F @defence.gov.au] Suggestion: Collectible Humour-Based Trading Cards in ADF Ration Packs
Date: Monday, 16 February 2026 7:44:43 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Good afternoon,

I would like to submit a suggestion for consideration regarding future ADF ration pack inclusions.

I propose the inclusion of a small, lightweight collectible trading card (or Tazo-style item) within ration packs, designed around humorous and relatable Army themes that soldiers could trade among themselves.

The concept would focus on light-hearted, culturally recognisable "Army things," for example:

- The Legendary Combat Spoon
- 5 Inches of Paracord
- The Paper-Thin Bush Hat
- The Eternal Wet Sock
- The Mystery Stew
- The No shave Chit"

Ect.

Each card could feature stylised artwork on the front, with a humorous proverb or tongue-in-cheek "field wisdom" on the back.

For example:

"Two is one, one is none."
"If it ain't raining, you're not training."
"Hurry up and wait."
"Embrace the suck."
"Lean into the hill"

To increase engagement, there could be rarity tiers:

- Standard issue cards (common)
- "Field Tested" editions (uncommon)
- Gold or holographic cards (rare)
- Extremely rare, Corps or role-specific editions (Legendary)

The collectible aspect would encourage interaction, trading between soldiers, and generate light morale during field or deployment environments.

The item itself could be a thin laminated card or lightweight composite disc, adding negligible weight or space to the ration pack.

While small in scale, initiatives like this can have a disproportionately positive impact on

From: s47F
To: s47F@defence.gov.au
Subject: 260216:2203 - s47F [mailto:s47F@defence.gov.au] Ration pack idea
Date: Monday, 16 February 2026 10:03:27 PM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

To whom it may concern.

In my opinion, the protein drink should entirely be swapped out for a protein bar.

I heard (unconfirmed) that the noodles were discontinued due to the requirement of water yet we keep a protein drink that is way harder to make and consume.

A protein bar would be much easier for soldiers to eat and does not take any time to prepare. I understand the amount of "bar" items in the ration packs are leaning quite high however I believe that's the whole point of them. They need to be items that can be eaten quickly and have high energy output. Of course the main meals take time for preparation however that's part of a different group as preparing a main meal means less of a time constraint to eat, adding a protein drink to a main meal would be consuming too much in one sitting therefore I believe the protein drink fits more in the snack category therefore has a place being in bar form.

I understand you've probably been pitched this idea before however I believe the more people that weigh in on this topic the better.

Thank you for your time.

From: s47F
To: @defence.gov.au
Subject: 260308:0020 - s47F - @defence.gov.au] Ration pack feedback.
Date: Sunday, 8 March 2026 12:21:06 AM

EXTERNAL EMAIL: Do not click any links or open any attachments unless you trust the sender and know the content is safe.

Hi rat pack team.

I'm in a reserve unit of army, who stumbled upon an article in my feed about the effectiveness and makeup of the combat ration packs. I was quite interested in it because I have been wanting to put forward my feedback for a few years now but didn't quite know how to go about it. Most of what I have to relay has already been mentioned, but I have 3 more points.

#1. Matches.... almost completely useless where the slightest bit of moisture or humidity is present. The wooden shank snaps and the phoss just doesn't want to ignite if the shitty strip glued to the side of the tube is used. One day I did a test using the matches from the pack, and the striker strip from the side of a red heads matchbox, and almost all of them lit the first time. I believe if a better quality, causer strip was glued on them instead, we would have much better results, coupled with better quality matches that don't break under enduring field conditions. In any case, in my experience, almost everyone resorts to a bic lighter for all their tasks anyway.

#2. Mentos. As much as we all love them for their sweet, fresh sugary hit, they are a nightmare. Unless you are receiving a fresh rat pack straight off the boat, the mentos are usually half melted and stuck together. Instead of peeling the foil away and using your thumb nail to simply slide the next one up the paper tube and pop it into your mouth, you end up having to unwrap the foil and paper tube more to pull them apart, making a mess. The foil is also a tactical issue. As an infantry unit, being able to pass through the bush leaving as little sign as possible so as not to alert enemy parties that we have been patrolling their AO is crucial. I remember once on a very quick nav check stop, I happened to witness our gunner place an item into his trouser pockets, and when he pulled his hand back out, along with it came a strip of the infamous bright, shiny sky blue foil wrapping from around the mentos stick that he was obviously completely unaware of. When we stepped off, I picked it up and gave it back to him at the next stop. I, among others would dearly love to see them gone and replaced with something more suitable. A lot of the time when rat packs get stripped down and a "free for all" pile gets made from everyone's rejects, the mentos makes a regular appearance.

#3. Packaging. So many times when we are about to step off and I am conducting a quick scout of the area, I am finding the tiny little bits and pieces from packaging that careless diggers inadvertently leave behind, and that's not just limited to the mentos wrapping either. Salt, pepper and sugar tops are also main offenders. I fully agree it still comes down to individual discipline, but having packaging that can be peeled open and used, but less risk of the "lid, or top" being fully separated would be great. Because it's not so much the main packet body that gets left, it's the lid.

Apart from those points and the others that I read about, please, maintain the rage.

They are a great product.

s47F

A grey rectangular redaction box covers the text following the word 's47F'.

From: s47F
To: @defence.gov.au
Subject: 260319:1338 - s47F @defence.gov.au] Feedback on CRPs
Date: Thursday, 19 March 2026 1:38:35 PM

OFFICIAL

Hi,

I've recently returned from field in s47F and have some feedback on the new ration packs. I had the B, C, D, F and H on this field block.

Overall the CRPs have come a long way in the nearly 10 years I have served. The main meals in particular are great with several options that are great to eat even when cold – examples being Mexican Chicken, Chicken and wild rice, vegetarian meals and all 3 Lamb options. The other meals are much better heated, but I know a lot of my Regiment still eat any of them cold regularly.

The Citrus and chocolate cake are excellent additions as they aren't too sweet.

The Krispie (coconut biscuits) are a nice complement to the Shrewsberry (jam biscuit) as some variety.

Now for the not so good.

1. There should definitely be dark chocolate in the ration packs. I've heard the civilian ration packs have this so I know it's an option. A 50:50 split of milk chocolate and dark chocolate bars split across the ration packs would be ideal. I panelled my Squadron and they unanimously agreed as the M&Ms and milk chocolate bar both hit the exact same taste and energy spot. Dark Chocolate would offer a good hit of energy, whilst being significantly less sweet.
2. Having no fresh fruit in the ration packs is still unfortunate. I'm sure there was a reason for it, but the canned peaches in particular were fantastic to break up the sweet/savoury mix. I do not like the current cereal bar either – much prefer the old style muesli bar that had a fruit filling in the inside (however I haven't seen that in over 5 years so imagine that's well and truly gone now).
3. I'm sure you hear this all the time, but people miss noodles and I note mee goreng noodles are the second most common jack rat brought out field (outside the multitude of energy drinks).
4. The banana and maple porridge was much too sweet for me and almost unanimously was hated by the soldiers and officers. Caveat being I haven't had the apple and cinnamon porridge yet, but the consensus is just as bad there amongst those I interviewed in the regiment. It was offered up that it would probably be good with greek yogurt and berries, but that's not an option in the field so anything else in it's place would likely be an improvement.

- a. My suggestion here is plain (or at least much less sweetened) porridge, which could be flavoured with jam or condensed milk.
5. I tried to keep an open mind on the caramel and brownie energy bars, but they were particularly bad.

Overall, great to see there are changes constantly being made to the CRPs and I hope this feedback helps.

Regards,

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From: s47F
To: @defence.gov.au
Subject: 260323:1245 - s47F] @defence.gov.au] Suggestion for inclusion of Water Purification tablets in CRP
Date: Monday, 23 March 2026 12:45:34 PM
Attachments: [image001.jpg](#)

OFFICIAL

Good morning CRP team,

I am writing to formally propose the inclusion of a packet of water purification tablets within Australian Defence Force combat ration packs.

This recommendation is made in consideration of the Division Commander's warfighting directive, which emphasises that all personnel must be prepared to "win water" in operational environments. Access to safe and potable water is a fundamental requirement for sustaining combat effectiveness, and ARMY has become used to bulk water being delivered by the S4 chain during Exercises particularly in s47F this will be an operational unreality in our proposed area of operations given the lack of roads and strain the S4 chain will already be under on Operations. The geographical location of our proposed area of operations there will be an abundance of fresh water sources that will be able to be utilised after purification.

RAR battalions have trialled various commercial means of filtration and purification (life straws, life saver bottles etc) the reality is that these are unsuited to dismounted patrols looking to purify water in the quantities needed to operate in our AO (6 -10 litres per member daily). The addition of water purification tablets (6-10) capable of purifying a litre of water, would provide a lightweight, low-cost, minimal bulk, and highly practical capability to dismounted soldiers.

Thank you for considering this suggestion. I appreciate the ongoing efforts of your team to improve the quality and effectiveness of ADF combat ration systems.

Yours sincerely,

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