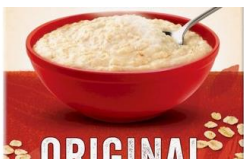













Expedition Food Information Sheet

Ideas for Expedition Breakfasts

Porridge sachets, available in different flavours, just add water and stir – <i>sachets are lighter and smaller than pots</i>		Dried fruit (please avoid bringing nuts – most of our expeditions are nut-free)	
Cereal / muesli portions with powdered milk		Expedition meal pouches – just add water or boil in the bag	
Individually wrapped items such as cereal bars, croissants, brioche		Pittas or bagels with individual portions of spread (jam, chocolate)	






Ideas for Expedition Lunches

On arrival day, bring a packed lunch with you, then you can use the lunch box again throughout your expedition		Individually wrapped cheeses (e.g. Babybels)	
Pittas, bagels, wraps – these don't get as squashed in your rucksack as bread can		Crackers, oat cakes, Pringles (check – will the packaging be substantial but light?)	
Individual portions of spreads (jam, cheese)		Individually wrapped cured meat portions such as Pepperami	

Ideas for Expedition Dinners

Expedition meal pouches – just add water or boil in the bag		Rice with sauce sachets or pre-flavoured	
Pasta with sauce sachets or pre-flavoured		Bring individual sauce sachets or a container (not glass) of your favourite	
Noodles with sauce sachets or pre-flavoured		Stir in some cheese or Pepperami for extra flavour – bring a small pair of safety scissors to 'chop' it up instead of a knife	

Ideas for Expedition Snacks

Flapjack or similar		Biscuits	
Cereal bars		Chocolate (milk will melt quicker than dark)	
Dried fruit (please avoid bringing nuts – most of our expeditions are nut-free)		Sweets	

Ideas for Expedition Drinks / Extras

Tea bags (put them in a sandwich bag to avoid them getting wet in your rucksack), coffee sachets or a small container of instant		Salt, pepper, sugar sachets	
Powdered milk		A small bottle of concentrated cordial	
Hot chocolate sachets		Don't forget your water bottle(s) to refill at the campsite(s)!	

Why are food choices important?

Eating the right kinds of food (and plenty of it), as well as staying hydrated, are two of the key components to a successful DofE expedition. As your body will be using much more energy whilst out walking, it's not enough to simply eat what you would on a 'normal' day. **Sometimes participants can feel sickness, lack of energy, and discomfort due to dehydration.** In the majority of cases these situations could have been avoided if more consideration had been given to the intake of food and water, before and during the expedition. We hope that by providing you with these guidelines you will have some extra knowledge to help you look after yourself throughout the expedition.

How much food should I take?

It is rare that someone returns from their expedition wishing that they had taken less food! Although your rucksack may feel heavy when you leave home, the volume and weight of the food will quickly be reduced as you eat it. Eat approximately double the amount that you would in a normal day. This will vary from person to person but will need to be around 3000 - 4000kcal per day.

What should I consider when choosing what food to bring?

- High calorie and slow-release carbohydrates (e.g. pasta, rice, wholemeal bread)
- Can it be cooked on a Hiking Stove/Trangia?
- Will it be quick and easy to cook? (Read the packet instructions)
- Will it be easy to clean the pans?
- Is it heavy or bulky? Will it get squashed?
- Will it go off in your rucksack? If it needs to be refrigerated then it might go off – yuck!
- Is it Long Life?
- Is it tasty? Try it first!

How will I cook the food?

You will be provided with a Trangia stove to do your cooking on. It has one burner and two pots. This will allow you to boil food, boil water to add to dehydrated meals or heat up “boil in the bag” meals. There is no oven or frying facility.

Note: You will not be able to cook at lunch time, as cooking on camping stoves is not permitted in expedition areas, only at campsites – thank you.

How much will I need to drink?

Bring 2x refillable 1 litre water bottles. You may not wish to carry them both full. **There will be a water supply for you at all campsites to refill your bottles.** In addition, you can drink a lot before you set off in the morning, and continue to drink plenty when you arrive at camp. Hot drinks in the evening will also give you a morale boost and warm you up on cold days. Water is the best liquid to keep you hydrated and feeling good throughout your expedition. DO NOT BRING FIZZY OR ENERGY DRINKS.

What should I eat before the expedition?

You should make sure you have a large meal the night before your expedition and a big breakfast. This should be high in carbohydrates. For example, pasta and porridge would be very good. Make sure you drink plenty of water the night before and in the morning.

Instructor top tip: It's worth decanting the right amount of food into portion-sized food bags. For example, you could fill the bowl you are taking on expedition with the right amount of cereal for breakfast, pour it into a food bag and add dried milk powder and sugar (if wanted) for each morning. Then you simply need to add water. Make sure you bring plenty of snacks you can eat 'on the go'.

What foods should I not bring?

- Do not bring anything that will go off and may give you food poisoning;
- No meat, poultry or fish, unless the item is cured or it doesn't need refrigeration;
- No glass jars;
- Do not bring food without instructions if you don't know how to cook it.

What will I do with my rubbish?

You will need to carry all your rubbish with you for the duration of your expedition (or until you come across a rubbish bin – bins are very likely to be available at your campsites/at the end point). Consider this when you are buying and packing your food. You will need several small rubbish bags which are to be carried inside your rucksack if a bin is not available. Tins aren't suitable as the bulk in your rucksack will not be reduced by much once you have eaten the food. Try to recycle as much as you can. Some campsites have facilities for this, and please wash things out before you bin.

How will I wash up?

You will usually be able to wash up at a tap/ washing up basin if you are on an official campsite. Often there is no hot water. If you use “boil in the bag” meals you may not have any more than your spoon to wash up. However, if you burn something to the bottom of your pan you may be scrubbing for a long time, so take this into consideration. You will need a small, secure container of washing up liquid, a scourer and a tea towel.

Food Plan

Days: *How many days are you on expedition for? Delete as appropriate.*

	Breakfast	Lunch	Dinner	Snacks / Drinks
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

We hope you have a great time on expedition!

If you have any questions about what food to bring, please feel free to get in touch:

info@adventure-expeditions.net