

Bronze Expedition Food Planning

	Carbohydrate	Protein, fruit & veg	Who responsible
Day 1			
Lunch			
Dinner			
Snacks			
Day 2			
Breakfast			
Lunch			
Snacks			

Silver Expedition Food Planning

	Carbohydrate	Protein, fruit & veg	Who responsible
Day 1			
Lunch			
Dinner			
Snacks			
Day 2			
Breakfast			
Lunch			
Dinner			
Snacks			
Day 3			
Breakfast			
Lunch			
Snacks			

Dofe Expedition Food Tips and Ideas

Cooking your expedition meals is one of the most enjoyable team activities you will do on your DofE expedition. Choosing the right kind of food and planning meals is also integral to ensuring you eat well to keep energy levels up.



Keep it Simple: You will need to cook and prepare all your dofe food on route so make your meals simple, this is not a time showcase your fancy cooking skills!

Packing Light: As well as being able to cook the food yourself you will also need to carry it in your rucksack. This means whatever you are taking must be very light and small so as not to take up too much space in your pack. You may wish to avoid tinned food which is bulky and heavy, if you do decide to take tins make sure you have planned to eat this heavier weighted food first.

Avoid Easily Squashed Food: Since your food will be carried in your pack with all your other kit choose food which you are not worried about being squashed or bursting open. Anything with liquids in could really make a mess inside your rucksack!

Limit Perishable Food: It's unlikely you will be able to keep your food cold so avoid taking perishable food.

Eat What You Enjoy: It is also important that you enjoy your Duke of Edinburgh meals as it will make your time much more pleasant. Try and vary what you eat each day and if you are eating fairly basic food most of the time try and have one meal a day which is more of a treat to help boost your spirits.

Remove Packaging: To reduce space you may wish to remove some of the packaging. You can then seal your food in freezer bags or small sealed dishes to keep them secure.

Keep Energy Up: Depending on your expedition you may be burning up to 5,000 calories a day. The types of food you should be looking to carry will fill you up and give you lots of energy. Too much sugary food should be avoided as it will make you feel sluggish rather than energised.

Stay Hydrated: Make sure you drink plenty of water throughout the day as you will be losing a lot as you walk. You may wish to take a small squeeze bottle of diluting juice so you can add a bit of flavour to the water to make it more enjoyable. If it is cold it is a good idea to have a warm drink at your breaks i.e. tea/coffee to keep your body temperature up.

Expedition Meal Ideas

Breakfast

Your breakfasts should be very easy and quick to make and full of energy to set you up for the day. Your breakfast should contain approximately 20% of your day's calorie intake.

- Cereals such as **granola or muesli** are ideal. They won't crush easily in your bag and oats are a great source of slow release energy. Washing up will also be minimal!
- If it is a cold morning you may decide to have **porridge** instead of cereal. Make this up with powdered milk and hot water.
- Have a drink of **tea or coffee** to warm you up.

Lunch

As your lunch stop might not be in an ideal place it may be difficult to use stoves or having washing facilities so try and make your lunch as simple as possible. Your lunch should contain approximately 30% of your day's calorie intake.



- On your first day you may wish to have **sandwiches or pasta salad** which were prepared at home and a piece of **fruit**. After the first day this sort of food won't be fresh.
- Instant **cup a soups** are really good for lunch as they are quick to make and warming.
- **Pitta bread or wraps** are ideal as they will generally last a few days and do not break up as easily as sliced bread. You could have it with cheese in a tube to add a bit of flavour or even dunk the pitta in your cup a soup!
- As well as the pitta bread the **cheese in a tube** could also be used on **oatcakes or biscuits**.
- If you are able to use your stove at your lunch pit stop, **instant noodles** are also very good as they can be made quickly. Using sachet sauces you can alter the flavour each time.
- To fill up you could also have **nuts/raisins/malt loaf/ dried fruit**.

Dinner

This is your main meal of the day and should be your most enjoyable. Your dinner should contain approximately 50% of your day's calorie intake.



- **Pasta and sauce** packets are simple and quick to make and only require one pan. You may wish to add cold smoked sausage or frankfurters to it for a more rounded meal.
- Any boil in the bag type food that is very filling but takes up very little room. Try boil in the bag **rice** with a sachet sauce.
- **Sausages and instant mash potato** can be a really simple to make but tasty and enjoyable meal. Instant mash potato is lightweight but filling and doesn't need a lot of water. If you have with sausages ensure you eat on the first night so the sausages don't go off.
- **Couscous** is also a very easy dish to make which does not take up much space but can really fill out your meal.
- Some people may even wish to have more than one course when it comes to dinner. It is common for people to have **soup** to start and then **hot chocolate, cake or crumble and custard** for desert.

Snacks

It is important to keep your energy up throughout the day. In order to do this you will need to have small snacks in between your meals to help replace all the calories you burn.

- Cereal Bars
- Malt loaf
- Hard sugar free sweets
- Kendal mint cake
- Energy Bars
- Nuts and dried fruit
- Beef Jerky
- Flapjacks

