



## **A guide to Expedition menu planning**

### **General advice**

You should aim to consume at least 3,000 calories per day, considering the level of physical activity and the weight of your pack. Plan on consuming foods that release energy slowly such as carbohydrates.

Consider the packaging of your foods: tinned foods can be heavy, avoid glass containers which may break. Think about how you will clean up after meals and whether you have access to washing up facilities with hot water. A good steel pan-scourer is invaluable.

Plan your meals for the duration of the expedition, day by day, meal by meal. Avoid running short of food, and equally, it is pointless to carry excess food.

In addition to food intake, consider hydration. Drink at least 3 litres of water per day in normal weather conditions, more in warm weather. Plan to prepare hot drinks in the morning and evening.

### **Breakfast**

Your breakfast should be substantial enough to fuel the morning's activities. Oat-based meals such as porridge or Weetabix are ideal (add flavour with sugar and/or dried fruit). Muesli or granola are also good and more convenient. Take enough instant coffee/tea bags/powdered milk for the expedition in a zip lock bag.

### **On the move**

Throughout the walk, have ready access to snacks high in quick-release energy such as flapjack, malt loaf, dried fruit, chocolate, sweets and trail mix, combinations of peanuts, raisins, and M&Ms. Pack these in individual portions and ensure you do not leave litter. Eat little and often and ensure you can access your snacks without removing your rucksack. Likewise, have ready access to fluids, particularly on warm days. Attach a water bottle to your rucksack shoulder strap, or use a pack with a hose attached, such as a platypus.

### **Lunch**

Plan for a cold lunch, as it is quicker and more convenient than cooking on the move. Expect your lunch stop to last half an hour at most, less in bad weather. Flatbreads such as tortilla wraps, and pitta breads are high in slow-release energy and keep well. Fill them with tuna, cheese, and cooked meats like salami or pepperoni, or peanut butter /jam/chocolate spread. These will keep for a few days without spoiling. Pre-pack the mix in zip-lock bags for convenience.

### **Evening meal**

**Starter:** Soup is easy to prepare and clean up after. Choose packet- or carton-based soups rather than tins.

**Main course:** Base your main course on slow-release carbohydrates to provide energy for the following day. Rice/pasta/noodle dishes are ideal, fresh pasta will keep for a few days without refrigeration and cooks quickly. Flavour it with sauce/spices or herbs to add flavour. Ready-made dehydrated or heat-in-the-bag expedition foods are available; while relatively expensive, they are very light, high in energy, and convenient.

**Dessert:** Biscuits, or packet-based desserts like custard, malt loaf is an excellent source of energy. Hot chocolate is a great way to end the day before turning in.



## DofE expedition menu planner

Team name:

Your name:

Level: Bronze / Silver / Gold

Practice / Qualifying

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL CALORIES
1					
2					
3					
4					
EMERGENCY RATIONS:					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and days food together so you can find it easily.

If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like vegetable curry, pasta and meatballs, chilli con carne, chocolate pudding or similar.

FOR MORE ADVICE GO TO [WWW.DofEshopping.org/food](http://WWW.DofEshopping.org/food)