

Expedition Food Fact Sheet

Participants on the DofE Expeditions sometimes feel discomfort due to dehydration, sickness and lack of energy. 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 to look after yourself throughout the expedition, and avoid any such circumstances.

How much food should I take?

It is rarely 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. You should eat approximately double what you would in a normal day in order to have the energy for the additional exercise. This will vary from person to person but will need to be around 3500 Kcal.

What should I consider when choosing what food to bring?

- How much energy the food will give you. You should take foods that have high calorie content.
- Will be you able to cook it on the stoves that we provide?
- How easy will it be to cook?
- How long will it take to cook (you may want food quickly after a long day walking).
- How easy the pan will be to wash up afterwards.
- How heavy the food is to carry.
- How bulky it is. Will it take up lots of room in your rucksack? E.g. A loaf of bread would not be a good idea.
- Will it go off, or do you harm if not cooked properly? For example, do not bring uncooked sausages, but you could bring Pepperami's as an alternative or any other preserved meat (dried or smoked).
- Do you like it? There is not point bringing food that you don't like as if you don't eat it, it will not give you any calories!

How will I cook the food?

You will be provided with a Trangia stove to do your cooking on. This will allow you to boil food, boil water to add to dehydrated meals and heat up "boil in the bag" or Wayfarer Meals. **There is no oven or frying facility!** You will be given 1 stove between 3 people. It has one burner and 2 pots.

How much will I need to drink?

You should drink at least 2 litres of water each day. There is no need for you to carry this much as you can drink a lot before you set off in the morning, and continue to drink plenty when you arrive at camp. You should carry at least 1 litre of water with you when you are walking. Hot drinks will also give you a moral boost and warm you up on

cold days. There will be a water supply for you at the campsite. Water is the best liquid to keep you hydrated and feeling good throughout your expedition. **DO NOT BRING FIZZY DRINKS.**

What will I do with my rubbish?

You will need to carry all your rubbish with you for the duration of your expedition. Consider this when you are buying and packing your food. Tins are not a good idea as the bulk in your rucksack will not be reduced once you have eaten the food. Remove all excess packaging before your trip. For example, Wayfayer Meals have an inner and outer bag – you can remove the outer one before your trip to reduce the rubbish that you have to carry. Remember to write on the inner bag what the contents are!

How will I wash up?

You will either be able to wash up in a stream or at a tap if you are on an official campsite. If there is a tap it is unlikely that there will be any hot water. If you use “boil in the bag” or Wayfayer Meals you may not have anymore 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 to return our pots to use in the same condition that we gave them to you in! If you select food that is not going to make your pan too messy then you will not need to bring any washing up liquid - water will do the job.

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, a large pasta meal would be very good. Make sure you drink plenty of water the night before and in the morning. Remember, the more you eat now the less you have to carry in your rucksack!

What sort of food should I bring?

These are some ideas of food which are high in energy, easy to cook, light and not too bulky.

Breakfast

Packet porridge (Oats so simple) or measure porridge into a bag with added sugar and powdered milk. Cereal / Muesli and Powdered Milk, Cereal Bars, dried fruit, Wayfarer Meals.

Lunch

Crackers, Oat cakes, Wraps, Pitta Bread, mini cheeses, cream cheese triangles or Primula squeezable cheese, tinned tuna, corned beef, cup a soup, Pepperami,

Snacks

Cakes, flapjack, cereal bars, biscuits, chocolate, sweets, dried fruit, nuts, seeds.

Dinner

- Packet soup.
- Smash, boil in the bag rice, noodles, pasta, couscous, Wayfayrer or freeze dried expedition meals.
- Custard, semolina and jam, cake, cheese and biscuits, crepes.

Hot Drinks

- Hot chocolate
- Cup a soup
- Tea and fruit/herbal teas
- Coffee

Other things to pack – ketchup sachets, salt, pepper, sugar, powdered milk

Don't forget to pack some treats too – a roll of fruit pastels to share with your group can really help to lift moral if you are cold and tired.

Foods not to bring

Do not bring anything that will go off and may give you food poisoning.

No meat, poultry or fish unless they are cured or canned or do not need refrigeration.

Finally...

We would like this expedition to be as much fun and as comfortable for you as possible. We hope that the advice we have given will contribute towards this. Choose your food and drink wisely.