

EXPEDITION FOOD

Most people will use considerably more energy during expeditions than they would in their normal daily lives. It is important therefore that you eat and drink properly. If you don't then you are likely to suffer from exhaustion, dehydration and/or exposure and put yourself (and therefore your group) in danger. The morale boosting properties of a hot, tasty meal and a hot drink after a long day are significant.

It is essential that you take a variety of food types with you that give you a balanced, nutritional diet of fats, proteins & carbohydrates. You will be asked to produce a menu for the assessor, they will need to see that you have thought about what you are eating.

You will NOT be able to buy any food during the expedition.

Expedition food is a compromise between weight (you've got to carry all your food), energy, taste and convenience. The following guidelines should be followed when planning a menu. Take foods which:

Contain the greatest amount of energy for the lowest weight and volume.

You and your group will enjoy.

Is simple and quick to prepare – one pot if possible.

Have a short cooking time to save fuel and to give you nourishment quickly.

Will keep in hot weather.

Breakfast.

This should be made up of foods that are high in energy and digest slowly to give you continued energy throughout the day. Porridge or ready break are ideal. Cereal (variety size boxes/bars), bacon, frankfurter sausages (shrink wrapped), tinned sausage & beans (must be re-packed in a plastic container) are all suitable. Eggs are not suitable – they can be messy to carry! Care must also be taken with uncooked meat in hot weather, and of course no breakfast is complete without a hot drink – tea, coffee, instant hot chocolate.

Lunch.

Do not plan to cook at lunchtime – it is too time consuming, little or know washing up facilities and difficult in poor weather. Take sandwiches, pita-bread or similar with various fillings, e.g. cheese spread, meat/fish paste, tuna, cooked meats etc.

Evening meal.

This must be a hot meal (ideally high in carbohydrates), with a pudding and a hot drink. Pasta (including spaghetti and noodles), rice (boil in the bag or Uncle Ben's flavoured type) are ideal served with various sauces (bolognese, chilli, curry, cheese, tomato etc). Other suggestions are Batchelor's Beanfeast, dried potato, shrink wrapped Frankfurter sausages etc. or boil in the bag readymade meals (available from camping shops). Puddings e.g. fruit yoghurts, milk based puddings, dried fruit, cake, and instant custard are all suitable. Also have a hot drink – tea, coffee, instant hot chocolate or soup. Note: Pot noodles and the like do not constitute a main meal – they provide insufficient nutrition for expedition work and therefore should not be carried.

How many meals?

For a two-day expedition (Bronze practice, Bronze assessed, Silver practice) you require food for: 1 Breakfast, 2 Lunches and 1 Evening meal.

For a three-day expedition (Silver assessed) you require food for: 2 Breakfasts, 3 Lunches and 2 Evening meals.

Snacks.

These should be readily available in your rucksack whilst walking or when stopping for a break. Take at least any of the two per day - packets of nuts/nuts & raisins/dried fruit, fruit bars, fresh fruit, e.g. (banana, apple etc). Take fruit cake, jaffa cake etc. and chocolate bars (mars/snickers or similar) for energy – but only 2 per day.

Emergency food.

You **must** each take emergency food (which should only be eaten in an emergency situation), This should consist of high energy foods such as chocolate bars, dried fruit, nuts, fruit cake and a hot drink sachet - instant hot chocolate, cuppa soup etc. Wrap in a poly bag and taped up.

Water.

Water is extremely important for our bodies to function properly. You should carry/consume at least 1.5-2.0 litres of water per day. Failure to drink enough water will result in you getting dehydrated. Classic symptoms are: dry mouth, headaches, sunken or dark eyes, tiredness, loss of coordination, dark colour urine, muscle cramp, skin (try pinching your skin, if it's slow to bounce back then you could be dehydrated). It is best to carry two water bottles as they are easier to pack. This will also give you an indication of how much you have consumed. Always refill in the morning and at every opportunity from water taps during the expedition.

Store up energy.

On the evening prior to going on the expedition it is a good idea to have an evening meal that is high in carbohydrates e.g. pasta, potatoes, rice. Similarly it is important that you have a sizeable breakfast and load up with fluids on the morning before leaving for the expedition.

Packing the food.

Just take the amount you need. Measure out quantities where necessary and discard unnecessary packaging responsibly (but keep cooking instructions if needed). Use small containers or polythene bags to keep things dry and to prevent spills in the rucksack.

Remember no tins, glass jars or glass bottles.

Money.

You must carry some small change (approx £5 made up of 10p, 20p and 50p coins) for use in a payphone in an emergency.

Some useful tips.

It takes approx 1.5 hours to cook and clear up an evening meal.

Your mug can provide a useful measuring jug. It is wise to find out the volume of your mug prior to going on the expedition.

Eggs and crisps don't travel well.

Never undercook dehydrated items.

Expedition Menu Planning Template

Group	
Names	
Expedition Location	
Expedition Date	

	DAY 1	DAY 2	DAY 3 (Silver assessed only)
BREAKFAST			
LUNCH			
EVENING MEAL			
SNACK FOOD			
DRINKS			
EMERGENCY FOOD			