

D of E expedition food suggestions list.

It is worth planning your expedition menu carefully for several reasons:

1. Whilst walking you can burn between 350-450 calories per hour, so a 6 hour walk can burn about 2000 calories. If you eat fewer calories than this it is likely to affect your physical and mental abilities
2.so you are more likely to make mistakes and be grumpy.
3. The Award conditions require that you cook at least one hot meal per day plus dessert; you will be checked on this. Snacking all day and skipping cooking is not an option.
4. Finally you need to be able to carry all the food you need for the expedition and you need to be able to cook on a Trangia. One pot type cooking.

Menu suggestions; mix and match.

Breakfast: Oats-so-simple, dry cereals(re-hydrated powdered milk isn't very nice) cereal bars, small tin of beans and sausage, cold toast sandwich (toasted before you go filled with Nutella, jam, cheese, marmalade, marmite or whatever you like best).

Lunch: although you can cook lunch usually cold food is easier. Try sandwiches, wraps, or pittas made at home and wrapped in cling film. Fill with none perishable stuff such as peanut butter (take care with any nut allergies in your group), Nutella or cheese. For the first day cured meats such as ham and pepperoni will keep long enough, and then have a cereal bar, dried fruit or biscuits. Small cooked pizzas folded over last well and if you want something hot try cuppa soups, hot chocolate or even a pot noodle.

Evening meal: This is the cooked and substantial important meal it warms and cheers you up if it has been a hard, wet day. Think high calories, slow release energy and enjoyment. Pot noodles are a NO, NO we have a final expedition assessor who hates them. Big tins of baked beans or spaghetti hoops are heavy to carry and not advised. Noodles are Ok but need a sauce and additions eg cheese, Bolognese or tomato sauce a small tin of tuna/beans/sausages or pesto to make them acceptable. Cous-cous plus similar sauce, pesto and or cheese, pasta and rice are good carbohydrate staples too. Pepperoni is all sealed up and bomb proof, slice and add. There are many dehydrated meals in camping shops and super markets, pasta and sauce, savoury rice, smash etc. Pitta bread and naans can be heated on your Trangia lid whilst cooking in the base. Don't bring fresh meat or soft cheese unless it is cheese in a tube.

Pudding is also recommended you could take homemade cake, flapjack or granola bars or there are many varieties of cake slices on sale, add some hot custard hey presto a dessert! There are camping boil in the bag puddings army ration puddings and many other adventurous ways of satisfying a sweet tooth.

Snacks: Think easy to eat on the move, easy to share and some slow release energy snacks to avoid sugar highs and lows. Everyone takes sweets, and then there are cereal bars, dried fruit, biscuits, oat cakes, flapjacks and cake. Enjoy and share them.

Finally there is the emergency ration. This is not to be eaten unless there is an emergency (omitting to take enough food is not an emergency and you would be asked to retake your expedition if this was the case). Some participants manage this by taking something they don't really like for their emergency ration. They need to be high calorie (over 400). There are the obvious emergency gels and bars sold in camping shops but 2-3 cereal bars, chocolate (careful of melting on a hot day), seed bars and raw jelly and marzipan (careful of nut allergies) have been past favourites. Another past group hint is if you like the emergency ration too much and may get tempted to eat it take 2 or 3 and keep one stashed in your first aid kit and enjoy eating the rest as snacks.

Drinks: Hot chocolate, cuppa soups, fruit tea, coffee or tea with whitener, squash and, of course, most importantly you need water (approx 2litres). You are able to top up with water and get water for cooking when you get to the campsite. Isotonic drinks, none fizzy, are good for instant energy but too much make you feel queasy.