

EXPEDITION MENU PLAN TOP TIPS

The success of your DofE expedition will depend in no small part on the quality and quantity of food and drink you consume. Here are some top tips to help you prepare your Duke of Edinburgh's award expedition menu:

Plan each day of your menu carefully

- Breakfast
- Lunch
- Dinner
- Include snacks and drinks

Select foods which are tasty, high in calories and essential energy

- Your daily intake of calories should be approximately 3000-3500 calories, to take into account the heavy bag you will be carrying and the amount of energy you will be exerting. Energy should come predominately from slow energy release foods. Do not be tempted to just pack sugar-rich foods.

Consider how quick and easy your food will be to cook

- Dehydrated food such as pasta and cereals are light weight and only require boiling water to prepare. Also, dried fruits such are full of energy and are light weight.

How heavy will your food be to carry?

- You should plan for 1 kilo in weight per day. Throw away packaging to save weight and space. Place your food in sealable bags with portions already weighed out. Also, avoid perishable food which needs to be refrigerated, along with tins and glass jars.

Have hot and cold drinks as part of your expedition menu plan

- You should be drinking up to 4 litres a day in normal weather conditions. Plan to have at least 2 hot drinks a day, one for breakfast and one in the evening, flavouring your water may mean you drink more of it and stay hydrated.

EXPEDITION MENU IDEAS

BREAKFAST

Your breakfast should be quick and easy to prepare and full of energy. It should contain approximately 20% of your day's calorie intake. You and your expedition team will have lots to do in the morning, so in the process of cooking and eating should not take a lot of time to prepare or clear up afterwards.

IDEA 1

Porridge Oats – Instant oats are full of energy and flavour. 1 packet is not enough, plan for 2-3 packets per person per day. They are lightweight and can be prepared quickly with hot water. Add some dried fruit to the porridge for extra flavour and energy. You could even try adding chocolate powder for a really tasty breakfast.

IDEA 2

Muesli or granola – Add powdered milk when you pack your meals so all you need to do is add water and eat when you wake up in the morning in camp. Choose the highest calorie cereal you can find. Most cereals are around 340-380 calories per 100g but



crunchy nut cornflakes are over 400 and crunchy muesli type cereals are around 480 calories per 100g!

IDEA 3

Soup – Not a usual type of breakfast food but can be a warmer on a cold morning. An instant soup packet with pitta bread to dunk.

IDEA 4

Frankfurters – Sausages which are smoked or cooked or dried already and which have not been taken out of their packets should be fine but if they are supposed to be kept in a fridge eat them on the first day.

IDEA 5

Hardboiled eggs – If made up before your expedition they should last 24hours, but try not to squash them!

IDEA 6

Ready made pancakes.

NOTE – Breakfast biscuits and bars are not enough. They will not fill you up or offer you enough calories to survive and hard expedition day. You can add them to your breakfast menu along with other items listed above as a treat though.

LUNCH

Lunch on your DofE expedition should be an easy meal to prepare. You should plan to take a cold lunch to save the time of getting stoves out, cooking and washing up; and because you are unlikely to stop in a place suitable for this anyway. Consider a deconstructed sandwich idea where you carry all the ingredients and eat them separately.

Lunch should contain approximately 30% of your daily calorie intake.

IDEA 1

Premade sandwiches can be made before the start of your expedition.

IDEA 2

Breads – Wraps, pitta bread, fajitas and naan breads are already flat so will not get squashed when in your rucksack.

Primula cheese in a tube, babybel, small tubs of cream cheese or pre-sliced/grated cheese is a great addition to your lunch menu and 1 tube could be enough for a couple of lunches. Add some frankfurters or sliced pepperoni sausage or tuna from a packet (not tinned) to your wrap for additional filling.

IDEA 3

Ready-to-eat meals with crackers or oat cakes – it is possible to eat ready-to-eat meals like pasta and couscous. These already have flavours added to them and can be eaten cold. Bulk it out with a cracker or two.

IDEA 4

Dried Meats – Pepperoni, chorizo, beef jerky etc are all great sources of protein and fat. Do not bring meats from the fridge section of the supermarket. It could go off in the heat and give you food poisoning. The only exception might be frankfurters if you eat them soon on your expedition as they are salty and pasteurised to kill any bacteria. Once open they cannot be kept, so eat them all!

IDEA 5

Fish – pots of sardines, mackerel, tuna in sauce, oil or brine. These are really tasty and nutritious and can be eaten straight out of the pot saving on washing up.



NOTE – pack some snacks to have with your lunch like nuts, seeds, dried fruit or cereal bars.

EVENING MEALS

Once you arrive in camp and your tent is erected, it is time to prepare your evening meal. This should be hot, quick to prepare, nutritious and filling enough to satisfy your hunger. It should provide you with at least 50% of your daily calorie intake.

IDEA 1

Pasta / Couscous and Sauce - Pasta and couscous is so easy to cook, as all it needs is boiling water. Couscous is the easiest to make, get the precooked variety. Add to this some pre-made sauce, frankfurters or sliced pepperoni sausage and you have a hot meal which is full of calories and slow release carbohydrates which will give you energy for the next day's walk. If you also take with you some grated cheese or parmesan this can make a great meal.

Buy sauces in sachets instead of glass jars and try to get ones in single serving sizes so you don't have to reseal the packet. Most sauces are under 100 kcal/100g but satay sauce is nearly 200 kcal/100g because it contains peanuts and black bean sauce 136 kcal/100g.

IDEA 2

Curry and Rice - It's possible to buy curry in packets and they only take a few minutes to heat up in a pan. Add to this some quick cook rice and you have a hearty meal. Why not pack a naan bread too?

Don't bring normal rice as everything takes twice as long to cook on a camping stove as on a stove at home. The best kind of rice is the pre-cooked type in a sachet such as Tilda Steamed Rice or Uncle Ben's Express.

IDEA 3



Dehydrated or pre-made meals - These meals are superb and offering you high calories and taste. They can be brought from outdoor shops or from ordering on line. Dehydrated food is lighter but can be a little more expensive. add to these some quick cook rice or couscous. Try:

www.lookwhatwefound.co.uk | www.bewellexpeditionfoods.com | www.westlerfoods.com | www.beyondthebeatentrack.com

IDEA 4

Instant mash potato - Incredibly easy to cook, hardly uses any water so takes seconds to boil enough and is warm and filling.

IDEA 5

Risotto - Get sachets of risotto which are already cooked with various flavours in like Uncle Ben's Risotto. These can be boiled in the sachet in water without opening it then eat it out of the sachet when hot. Just pour two or three dessert spoons of boiling water into the sachet after opening and give it a stir. No washing up!

IDEA 6

Meats - Adding some protien to your meal will also add more flavour and texture. Do not bring chilled meats as these can cause food poisoning. Concentrate on dried, cured meats, pre- cooked or vegetarian substitute meats.

Beanfeast - A vegetarian dried chili con carne which you add water to and heat up. 315 kcal/100g

Salami - Dried sausage like salami or chorizo can be sliced and thrown into past, risotto or eaten on its own. It has a very high protein and calorie content. 407 kcal/100g.

Smoked Sausage - Mattesons' Smoked Pork Sausage is salty enough and has been smoked enough to preserve it and so as long as you don't open the packet it will keep in your bag for the duration of your expedition. 310kcal/100g

NOTE: Consider at least a 2-course evening meal. You will have plenty of time in camp to enjoy your meal so why not indulge yourself. A good starter would be cup-a-soup with instant noodles.

DESSERTS

Finishing your evening meal with a pudding can lift your spirits and can be the focus of your thoughts during the day! The easiest desserts to take on an expedition are ones which are instant mix, like custard. This type of pudding means you will have enough to share with your expedition team mates too.

IDEA 1

Flapjack and custard - Flap jack is high in calories and taste and combined with hot custard make a great pudding. Why not make your own flapjack and bring along for the whole team?

IDEA 2

Chocolate or Biscuits - If you are strong-willed enough during the day, why not save your favourite chocolate or biscuits for an evening treat?

IDEA 3

Boil-in-the-bag puddings - It is possible to buy dehydrated puddings or Ready-to-Eat desserts from camping shops. They can be expensive and can be heavy but are a great treat. It is possible to buy a selection of puddings from Hot Chocolate puddings or even dehydrated Strawberries and cream! Try these:

www.lookwhatwefound.co.uk | www.bewellexpeditionfoods.com | www.westlerfoods.com | www.beyondthebeatentrack.com

NOTE: Ensure you read the labels of how to prepare your puddings before you buy them. Ensure you buy ones which only require water!

