



Expedition Food

What makes a great expedition meal?

Getting the right food will help you enjoy your adventure. It's a chance to be creative and to understand more about rationing and outdoor survival. Your DofE expedition food should be compact and easy to carry. It needs to be high in slow-release energy, which will help you throughout your expedition.

Here are some ideas for your expedition food:

Breakfast is the most important meal of the day. You should be consuming most of your bulk calories at this time in preparation for the day ahead. Breakfasts should have a good mix of short, medium and long lasting energy products.

Breakfast Bars/Biscuits - Breakfast bars and biscuits are great to get you going in the morning. They take no cooking but only provide you with a short energy boost.

Porridge - The oats in porridge help your brain and body function at its best. It's great for warming you up on those cold mornings. You can even mix in your own dry fruits.



Baked beans – To save weight you should buy the 'snap-pots' rather than the heavier tins. You can also get different varieties such as with sausages, which have a higher calorie content.

Chocolate filled crepes – Lovely when warmed up, and great for a calorie boost.

Hot chocolate – Great for extra calories and to get some warmth in your

body helping you to function better.

Lunch: Preparation is everything for a great lunch so make sure you plan it picnic style. A packed lunch is appropriate on day 1.

Pitta bread or *tortilla wraps* with squeezy cheese, tuna, peanut butter or other fish/meat spreads are ideal.



Cup A Soup – Great for keeping you warm when you stop. Just make sure you pre-heat a flask of hot water and then all you need is your mug and the soup. Add crushed super noodles to the soup for some extra texture.

Dinner: You must cook and eat one substantial meal per day. This is something to look forward to at the end of a hard day. Here are some options:

Rice – Ordinary rice takes twice as long to cook on a camping stove as on a stove at home. Choose the pre-cooked type in a sachet such as Tilda Steamed Rice or Uncle Ben's Express. 10min boil in the bag rice is fine too.



Pasta - Use quick cook types or instant meal types (like Pasta'n'Sauce). Noodles tend to be faster than pasta and some pre-cooked types are virtually instant- you just stir them around in a little boiling water to heat them.

Couscous - Easy peasy to make, measure how much couscous you are going to use (50g per person) and add the same volume of boiling water, roughly half a mug of each per person, then just wait a few minutes.

Pepperami – Or any dried sausage like salami or chorizo can be sliced and thrown into pasta, rice, couscous or eaten on its own. It has a very high protein and calorie content.



Tuna –You can get tins or sachets. Great when added to pasta, rice or couscous.

Packet sauce - Buy sauces in sachets and try to get ones in single serving sizes so you don't have to reseal the packet. Add these to your pasta, rice or couscous.

Snacks: One of your daily targets when on expedition is to keep your energy levels up. Grazing on your favourite tasty treats is a great way of doing it.

Dry Fruits – All dried fruits will give you energy. You can squeeze them without turning them into mush and they will also take up less room in your rucksack.

Cereal bars, chocolate bars – 'Fun six' bars of your favourite chocolate bar can be a real treat, however be careful when it's a hot day, your chocolate will turn to mush!

Malt loaf – Who doesn't love the taste of a good malt loaf? And it's packed to the rafters with energy.

Sweets - Pack a few extra sweets too and share with your group. If you are feeling tired and need a 'pick-me-up' you can be sure other members of your group are feeling the same. However, do not rely on sweets for your whole expedition!



NUTS: We are unable to guarantee a nut-free expedition as so many products contain nuts in a variety of forms. However, we do ask you not to bring nuts with you as this may have serious implications for those around you. If you have a any food allergy, please make this is evident on the medical consent form and let us know about your medication. Please contact us if you have any queries about this.

To meet your expedition aim you need to plan, prepare and cook a meal as a group and you will cover this on the training weekend.