

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 food 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 just to 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 are full of energy and are light weight.

How heavy your food will 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 with your evening meal. 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 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 at least 2-3 packets per person per day. They are lightweight and can be prepared quickly with hot water (adding a little extra dried milk powder can make them extra tasty).

An alternative would be to mix 50g oats, 50g powdered milk and 15g sugar in a small sandwich or freezer bag. Add 350ml water and cook whilst stirring until everything goes thick.

Add some dried fruit and nuts to the porridge for extra flavour and energy. 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 should do is add water and eat when you wake 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 (anything with 'cluster's in the name) are around 480 calories per 100g! Mix 50g cereal and 50g powdered milk in a sealable bag. To eat empty into a bowl and then pour cold water over and stir.

IDEA 3

Soup

Not a usual type of breakfast food but can be a warmer on a cold morning. A Instant soup sachets 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 the first day.

IDEA 5

Hard boiled eggs

If you make yourself some hard boiled eggs before leaving home they should be ok for at least 24hrs but don't keep them too hot for too long and try not to get them squashed...

NOTE: Breakfast biscuits and bars are not enough. They will not fill you up, or offer you enough calories to survive a 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 all 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

Lunch on your first day can be sandwiches

These can be prepared at home before your DofE expedition starts.

IDEA 2

Breads

Wraps, pitta bread, fajitas and naan breads are already squashed so do not go flat in your bag.

Primula cheese in a tube, babybel or pre-sliced 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 buy ready-to-eat meals like pasta or couscous. These already have flavours added to them and can be eaten cold. Eat the meal with crackers or oat cakes to bulk the meal out.

IDEA 4

Dried meats

Pepperami, 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 are not safe - so eat them all!

IDEA 5

Fish

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

NOTE: Pack some snacks to have with your lunch like nuts and raisins or cereal bars. Pack some re-sealable lunch / freezer bags to put your lunch in.

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 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.. Measure how much couscous you are going to use (50g per person) and add the same volume of boiling water. About half a mug of each per person. Then just wait a few minutes.

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?

Never 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 protein 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 pasta, risotto or eaten on its own. It has a very high protein and calorie content. 407 kcal/100g.

Smoked Sausage - Matteson's 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

Flapjack 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!

SNACKS AND TREATS

During the day's of your DofE Expedition you will want to keep your sugar levels up. Having a selection of treats in your pocket which you can graze on is a great way of keeping levels up. Maybe have a few extra snacks in your menu plan which are for emergencies when your energy is down and you need a boost before your next meal.



IDEA 1

Trail Mix

Nuts are very high in fat and therefore very high in calories. Mix together nuts and dried fruit along with some chocolate pieces or sweets. Have a small re-sealable freezer bag with the trail mix in your pocket that you can grab at any point.

IDEA 2

Cereal bars, chocolate bars and malt loaf

Having some fun-size bars available for you to graze on can lift spirits when the going gets tough!

IDEA 3

Jelly or hard boiled sweets

This type of sweet lasts longer in your mouth and is more satisfying. 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.

NOTE: If there is hot weather during your expedition, your chocolate will melt! You have been warned!!

DRINKS

Staying hydrated is a vital part of your expedition menu planning. Being just 10% dehydrated can significantly affect your energy and performance levels. You should be aiming to drink up to 4 litres of water a day whilst carrying a heavy bag and exerting yourself over miles of walking. You will be re-supplied with water if needed. You should carry at least 2 litres of water. Each litre of water weighs approximately 1 kilo, this should be considered when packing your rucksacks.

Water can get a little boring, which means you are less likely to drink it. Here are a couple of options to increase your fluid intake.



IDEA 1

Flavoured juice

Concentrated juice or squash can be added to your water each day. If each member of your team brings a different flavour, you can all share.

IDEA 2

Hot chocolate sachets, tea and coffee

At the end of a long day or first thing in the morning it is a luxury to have a hot drink. Buy a selection of sachets of powdered drinks so you can choose what takes your fancy or trade with your team mates.

IDEA 3

Cup-a-Soup

Having a hot soup when you first arrive in camp can be a real warmer and comforter after a long day. It can also be the 1st course for your evening meal.

Get organised and then organised some more....

To make the process of planning your expedition food menu easier, plan with your team mates. If each tent team plans their menu and cooks together, the task when you arrive in camp is far easier and establishes a good team work ethic. It will also mean you can reduce the number of stoves you may have to carry.

Pack your food in to separate bags for each day and waterproof them. Write on the outside which day it is for and then share the load evenly with your team mates.

Duke of Edinburgh's Award Expedition Menu Planner

TEAM NAME:

YOUR NAME:

AWARD LEVEL: Bronze / Silver / Gold



DAY	BREAKFAST	LUNCH	EVENING MEAL	SNACKS	TOTAL CALORIES
1					
2					
3					
4					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and day's food together so you can find it easily. If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like curry, lamb hotpot, chilli con carne, chocolate pudding or similar.

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www.TheAdventureElement.co.uk