

## **Expedition Food ideas, tips and links to relevant websites**

On a DofE expedition you are limited by the types of food you can bring but you need to ensure you have enough to properly fuel long days of hiking. It's a good idea to have a meal plan so you only bring the food you need, and most importantly choose food you enjoy.

**The best type of foods should be tasty, lightweight, easy to prepare, dense and filling.**

**Avoid foods in cans or glass as these will add weight. Also avoid foods that need refrigeration unless you intend eating these on your first day.**

Think about removing any unneeded packaging from your food before you pack, use resealable bags, it will save space and weight. Pack your foods for the day in separate bags so you can easily find them in your rucksack e.g., day 1 pack your lunch, snacks and dinner and keep to hand for that day, day 2 pack breakfast, lunch, snacks and dinner and keep separate from day 1 etc

Certain foods release energy slowly, and others quickly. Mixed nuts or protein bars are great snacks for releasing energy slowly over time, but a pack of dried fruit or dates (which are high in natural sugar) will give you an immediate energy spike.

**Much of the food you'll need for your expedition will be available at your local supermarket. But for more specialised camping food these can be purchased from a retailer like Go Outdoors, Millets, Blacks who all offer discounts for DofE participants and parents.**

**You should be aiming to eat between 3000 - 4000 calories per day.**

**Breakfasts** can either be hot or cold. We recommend at least having a hot drink such as hot chocolate.

Instant porridge sachets, boil-in-a-bag or dehydrated breakfasts are all good options. Follow the link for some ideas. [Wayfayrer All Day Breakfast Ready-to-Eat Camping Food | GO Outdoors Search for muesli \(blacks.co.uk\)](#) [Firepot - Dehydrated meals for Outdoor Pursuits \(firepotfood.com\)](#) [Freeze Dried Breakfast meals and Beyond The Beaten Track Wet Meals \(basecampfood.com\)](#) [Amazon.co.uk : camp food](#)

For a cold breakfast here are some good options:

Ready-made chocolate filled crepes, energy-dense flapjacks [Search for flapjack \(gooutdoors.co.uk\)](#), breakfast bars such as Belvita, cereal bars, maltloaf, banana bread or even homemade flapjacks.

**Lunches** should be quick to prepare and ideally use no cooking equipment. Here are some good options:

Wraps, Pitta, bagels, naan bread, oat cakes are all good carbohydrate choices. Add dried meat, Peperami, frankfurters, tuna pouches, Baby Bel cheese, cheese spread in a tube,

ready-made falafel, Nutella, peanut butter, marmite or go for a ready-made pasta, lentil, couscous dahl meals in a pouch.

**Dinners** should be a hot meal including a dessert. Boil-in-a-bag/dehydrated meals are quick to prepare and require less clearing up and include a good range of options suitable for a variety of diets. Choices include those designed specifically for camping to ready-made packs from your local supermarket. Here are some options: [Camping Food & Meals | Food Packs and Simple Meals | GO Outdoors](#) [Search for adventure foods \(blacks.co.uk\)](#) [Firepot - Dehydrated meals for Outdoor Pursuits \(firepotfood.com\)](#) [Dried Meals \(basecampfood.com\)](#) [Amazon.co.uk : camp food](#)

Dessert can be cake bars, flapjacks, instant custard or rice pudding, croissants, Pain au Choc, cereal bars, fig rolls.

**Snacks** are important and will keep you going between meals so make sure you have enough. Go for great-tasting snacks that are a mix of slow-release energy, such as energy bars and nuts, and quick-release energy, such as dried fruit and dates.

Trail mix - either pre made from a supermarket or make your own by mixing nuts, dried fruit and chocolate (M&Ms) in a bag. Its versatile and you can graze on it throughout the day

Energy bars – There is a large choice of energy bars available from your local supermarket or from a specialised retailer. Here are a few options: [Clif Chocolate Chip Energy Bar 68g | GO Outdoors](#) [Romneys Chocolate Kendal Mint Cake Bar \(55g\) | GO Outdoors](#) [Sis GO Energy Bar Mini 40g Blueberry | GO Outdoors](#)

Chocolate – chocolate bars are a good source of energy but just remember they can melt and may end up as a sticky mess in your rucksack.

Dried fruit and dates – make great snacks and will give you an energy boost. Dried mango, apricots, banana chips, pineapple, cranberries, cherries just to name a few.

Nuts and Seeds – another good choice to keep the energy levels up. Great for grazing on throughout the day.

**Avoid too many sweets as a snack, they are very high in sugar and will give you an instant high followed by a very quick low.**

**Drinks** – the most of what you'll drink on expedition will be water. For a hot drink consider instant tea, coffee and hot chocolate sachets, or herbal teas

**Don't forget your emergency rations** – cup a soup, chocolate bars or other snacks are good rations. They should be packed separately from your food. They should be uneaten at the end of your expedition unless you've experienced an emergency.