

## THE PRINCIPLES

Every participant must look after their energy and hydration needs. Being fatigued and emotional can cause problems for yourself and your team. Look after yourself and make sure your needs are looked after with careful menu planning.

The three basic principles when planning food for expeditions include:

-WEIGHT -PACKAGING -CALORIES



Food on expedition is incredibly important. It affects safety and morale. Walk as a team, cook as a team, eat as a team - so share menu planning.

## HOW MUCH FOOD TO TAKE

### Bronze Expedition (2-day expedition)

Day 1 - Lunch, Hot Dinner, Snacks

Day 2 - Breakfast, Lunch, Snacks

### Silver Expedition (3-day expedition)

Day 1 - Lunch, Hot Dinner, Snacks

Day 2 - Breakfast, Lunch, Hot Dinner, Snacks

Day 3 - Breakfast, Lunch, Snacks

### Gold Expedition (4-day expedition)

Day 1 - Lunch, Hot Dinner, Snacks

Day 2 - Breakfast, Lunch, Hot Dinner, Snacks

Day 3 - Breakfast, Lunch, Hot Dinner, Snacks

Day 4 - Breakfast, Lunch, Snacks

## WATER

Water is not normally a problem at campsites but bring at least two 1-litre bottles which can be refilled. Assume that water will be available for cooking, so you can use dehydrated (lightweight) food for cooked meals. In hot weather, it is essential to stay hydrated. When Wild Camping you will be advised on collecting water from fresh mountain streams, after which you can insert Purification Tablets or Boil to purify. You should be drinking at least 3 litres of water each day to stay hydrated.

## EMERGENCY RATIONS

The 'just in case' food you must pack in addition to your meals and snacks. 1,000-1,5000 calories of high energy food. This is usually checked at the end of the expedition and can be eaten on the way home if not needed in an emergency.

As a guideline, with weather, routes and individual differences, food on expedition needs to provide between 3,000 and 5,000 calories per day.

Planning a healthy daily menu and having food portioned in 'daily' bags often works well.

### Don't forget:

- Include plenty of **water**.
- Plan to include healthy snacks, hot drinks and plenty of water.
- Pack food for the outward journey.
- Cold lunch for eating on the expedition days.
- Hot dinners in the evening to be organised and cooked with team.
- A bit of change to buy some food for the return journey.
- Include your **Emergency Rations**.



Every participant must carry all their own kit so food needs to be:

- Light and easy to pack down without being crushed.
- Resistant from high or low temperatures (weather dependent)
- Tasty (otherwise you will not eat it!)
- Easy to prepare (cook).

Visit your local supermarket and look for lightweight and dehydrated foods but **NOT** Pot Noodles!

## TYPES OF FOOD TO TAKE

### BREAKFAST

- Porridge oats with water (perhaps add milk powder, raisins, hot chocolate powder etc) is a great start to the day and the syrup varieties provide the quick sugar boost in the morning with the slow energy release of the oats.
- Perhaps other cereals like muesli with hot chocolate or powdered milk, and flapjacks if porridge is not for you.
- Bread wraps and brioche are also alternatives.
- Cereal bars on their own are not enough!
- A hot drink is essential for the start of each day.
- Make sure you rehydrate fully before you leave home/campsite each morning as anything you drink now will not need to be carried.



Make sure you have a hearty breakfast day 1 as this is the only meal you will not have to carry with you. Have the breakfast early enough so that you are not caught short on expedition!

### WHY NOT TRY:

- Porridge - Just Add Water ([link](#))
- All Day Breakfast
- Expedition Breakfast ([link](#))
- Expedition Crunchy Muesli ([link](#))

### LUNCH & SNACKS

- No need to cook for lunch as you do not want to stop for long. Eat little and often.
- Pack wraps or flat bread (pita) served with cheese, tuna sachets, or sandwich spread.
- Heavy, stodgy cakes (ie fruit cake, Jamaica cake, etc) and oat biscuits/cakes are great too.
- Keep snacks always available. Flapjacks, energy/cereal bars (have half at a time), or a packet of mixed nuts (ensure no one in your team has a nut allergy).
- Dried fruit is excellent as they provide slower releasing energy than chocolate and other snacks (and not so affected by heat).



Be mindful of the weather conditions and lack of refrigeration. No meat, poultry or fish unless cured or long life.

**BE CAREFUL WITH SNACKS.** Having treats to share (jelly babies or wine gums) lifts morale, but excessive snack-type foods can cause lethargy and 'dips' in energy.

**AVOID** tins, cans or glass jars, and do not carry what you do not need. Avoid excess packaging. Rubbish left after your meal must still be carried on expedition.

### DINNER

- Lots of complex carbohydrates for dinner. Pasta, rice, or couscous.
- Packet sauces, carrots, cheese, tuna, or herbs or spices can all be added to create a treat after a long day.
- Boil in the bag meals are options as are the dehydrated expedition foods. Boil in the bag foods are heavier than dehydrated food.
- How about some pudding? Brownies, biscuits and a hot chocolate. Cup-a- soups also make filling, tasty desserts.
- Drink lots of water and a hot drink if you can.



Make sure you have some food as soon as you get into camp. Soup, hot drink, or oats bars. Replenish then prepare camp as a team and cook your main meals together.

**AVOID** foods like Pot Noodles. Poor nutrition and excessive packaging (two of our three principles).

**WHY NOT** plan your menu together as a team. The guidelines in this pack will help you decide the best options for your breakfasts, lunches, dinners, and snacks.

## EXPEDITION FOOD TIPS

### ENJOYMENT & EASE OF PREPARATION

- Make sure you like the food! Nothing worse than planning well in terms of weight, packaging and nutrition and then finding out you do not like the taste!

### RUGGEDNESS

- Make sure food will keep in hot weather - be careful with meat and dairy products!
- Some food and fruit will get squashed very quickly. Nothing worse than finding a squashed banana



- Keep meals simple and make sure food can be easily cooked on a Trangia outdoors.
- If buying pasta then choose quick cook varieties as this will save you fuel. Cooking times are stated on the side of the packets.
- Have lots of quick snacks available.
- Practice cooking your expedition menu at home before finalising your food plans.

## PLANNING

- Plan the menu with your team.
- Go to your supermarket and research suitable food. Can you spot lightweight and dehydrated foods that have lots of calories and minimal packaging?
- Water is not normally a problem so use dehydrated (lightweight) food for cooked meals.

amongst your clothes or food that has leaked in your rucksack. Plan accordingly.

- Also, fruit can be quite heavy to carry. Every bit of excess weight certainly adds up.

## NUTRITION

- Simple carbohydrates - sugars (chocolate, dried fruit, etc) provide energy quickly, but be careful of the 'dips' in energy (you will notice your team's walking pace drop significantly after lunch!).
- Complex carbohydrates (rice, pasta, potatoes, bread, etc) provide more slow releasing energy and tend to be part of bigger meals.
- Fats (cheese, butter etc) provide longer term energy but too much in place of complex carbs can inhibit your performance and make you feel sluggish - so avoid the fry up for breakfast.
- Fresh food will not last so plan to have fresh foods at the beginning of the expedition and move onto the more longer life foods as the expedition progresses.

## Camping Cutlery



**Cutlery** for expeditions does not have to be expensive but it is recommended you get robust kit if you're going to be using it more than once. Think about weight, will you need a plate and a bowl? Or could you use just a bowl for your meals saving on weight and washing up?

**AVOID** plastic water bottles as they are likely to leak on expedition and might not be BPA-free.

### WHY NOT TRY:

Lifventure Tritan Flask 1 Litre  
Sea to Summit X Mug  
Light My Fire Titanium Spork

## Frequently Asked Questions

### How will I cook my food?

Your team will be provided with Trangia stoves and fuel or gas cartridge. Stoves produce a flame that can be controlled in intensity just like a hob. Stable, safe and easy to use, each stove has two pans, a lid and a handle. You can boil water on a Trangia stove or heat pre cooked food. **Do not** bring food which requires frying, baking, toasting or roasting.

## Expedition Meals

Develop life skills by planning a balanced menu using suitable foods in supermarkets. Some specialist expedition foods can add to a menu plan.

# Expedition Food Guide

[www.outlookadventures.co.uk](http://www.outlookadventures.co.uk)



## Can I fry food, particularly breakfast, on my Trangia stoves?

No. The Trangia stoves you will be given are **not** to be used for frying food.

## What happens to the rubbish?

If you are not on a campsite that has dustbins, team members must carry out all their rubbish in a thick, sturdy bag until it can be disposed of in a dustbin.

## What about hygiene?

Personal cleanliness is important. To avoid food poisoning wash hands appropriately before preparing meals and wash hands after going to the toilet.

## Any tips for the campsite?

Your body replenishes lost energy in the muscles much more effectively straight after exercise so try and eat some snacks as soon as you get to your campsite at the end of the day. This will help your body recover from the day and start preparing itself for the next day. Once you have taken some snacks on board, put your tent up in case it rains and also because you will lack the motivation to pitch it later. Share chores so someone else could be cooking.

## Will I be able to top up my drinking water each day?

You should plan to carry all water on you each day. Campsites will have a clean source of water for you to top up your water bottles. When Wild Camping you may need to purify your water using tablets or by boiling.

## Do I need water purification tablets?

At Bronze and Silver campsites almost always have a clean source of drinking water. When Wild Camping you may require water to be purified. You may do this using water purification tablets or by boiling water if you prefer.

## What is bad expedition food?

Raw meat, poultry and fish will perish and make you ill. Look for long life, preserved or dry foods as you will not have access to a fridge. Be aware of any allergies that your team-mates might have - double check!

## What other items should I avoid?

Avoid tins (and tin openers), jars, pot noodles, crisps, fizzy drinks, excessive packaging, and tupperware. Make sure you pack food you know you are going to eat. Do try out your food beforehand or stick to what you know.

## ADVENTURE FOOD

A range of tasty dehydrated expedition meals, full of calories and lightweight



- ✓ Dehydrated food (lightweight).
- ✓ Full of calories.
- ✓ Easy to cook.

### Meals with Meat

- Pasta Bolognese
- Sate Babi
- Chicken Curry
- Chili con Carne

### Vegetarian Meals

- Pasta al Funghi
- Pasta alle Noci
- Vegetable Hotpot
- Curry Fruit Rice

### Breakfasts

- Expedition Breakfast
- Knusper-Musli

### Sundries

- Mixed Vegetables

## The Trangia Cookset



### SAFETY POINTS:

1. Never cook inside or closer than 3 metres from a tent.
2. Never step across cooking area.
3. Never place an empty bowl on flame, always fill with water first.
4. Never leave a lit Trangia stove unattended.

