



Silver DofE expedition menu planner



Day	Breakfast	Lunch	Dinner	Snacks	Approx. Total Calories
1.					
2.					
3.					

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 days food together so you can find it easily. Choose something homely that you'll look forward to having like vegetable curry, pasta and meatballs, chilli con carne, chocolate pudding or similar. For more advice go to www.DofE.org/shopping/food