



Meal	Day 1	Day 2	Target Calories
<b>Breakfast</b>	Eaten at home. We advise you to eat a substantial breakfast before arriving so that you are set up for the day's journey.	<ul style="list-style-type: none"> <li>• Porridge oat sachets/pots</li> <li>• Cereal bars</li> <li>• Expedition Food packs</li> <li>• Dried fruit</li> <li>• Hot Chocolate / Tea</li> </ul>	750
<b>Lunch, Snacks &amp; Drinks</b>	<ul style="list-style-type: none"> <li>• Sandwiches (Day 1)</li> <li>• Eccles Cakes</li> <li>• Malt Loaf</li> <li>• Dried fruit</li> <li>• Haribos / Jelly Babies</li> <li>• Cereal bars</li> <li>• Water (2 litres during the day)</li> </ul>	<ul style="list-style-type: none"> <li>• Tortilla wraps / Pancakes / Pitta bread</li> <li>• Jam / Marmalade / Nutella / Marmite / Sandwich Paste</li> <li>• Eccles Cakes</li> <li>• Malt Loaf</li> <li>• Dried fruit</li> <li>• Haribos / Jelly Babies</li> <li>• Cereal bars</li> <li>• Water (2 litres during the day)</li> </ul>	1250
<b>Evening Meal (3 courses)</b>	<p><b>Starter</b></p> <ul style="list-style-type: none"> <li>• Cup-a-soup sachet or Hot Chocolate</li> </ul> <p><b>Main Course</b></p> <ul style="list-style-type: none"> <li>• Boil in Bag Rice with curry / chilli (home-made or packet)</li> <li>• Quick cook pasta with Bolognese or Dolmio Stir-In sauce</li> <li>• Super Noodles (<b>NOT</b> Pot Noodles)</li> </ul> <p><b>Pudding</b></p> <ul style="list-style-type: none"> <li>• Ginger Cake &amp; Custard (sachet - add hot water &amp; stir)</li> <li>• Expedition Food packs</li> <li>• Biscuits and Hot Chocolate</li> </ul>	Eaten at home.	1000
<b>Emergency Rations</b>	<ul style="list-style-type: none"> <li>• Kendal Mint Cake</li> <li>• Energy tablets</li> </ul>		



## Principles of Menu Planning

- Calories - You will need to eat at least 3000 calories needed per Expedition Day. Food is fuel for your body. If you don't eat enough, you will run out of energy and not be able to concentrate.
- Lightweight - Your food must be light to carry and low on waste packaging (better for you and for the environment).
- Easy to Cook - Keep it simple. Quick "1-pan meal", just add water.
- Share - Plan your menus as a tent group will enable you to eat together. This will save fuel & time waiting to cook food.
- Taste - Very Important. You need to enjoy eating it!
- Dietary - Ensure you are able to cater for individual food allergies & dietary needs.

## 8 Top Tips

1. Pack individual meals into separate bags and label them.
2. Add flavourings for taste: Ketchup, Sauce, Herbs, Salt & Pepper.
3. Compare Price vs Convenience
4. Try food at home to see which ones you like - especially if you're not sure how it tastes!
5. Prepare ingredients at home (e.g. porridge mix or trail mix)
6. Weigh items like pasta at home and only bring what you need.
7. Avoid food that will go off, heavy to carry or might break, or has no energy benefit to you.
8. Be prepared - use our Menu Planner to plan your menus.

For further details, please watch our Training Video on YouTube: <https://www.youtube.com/watch?v=oYbDYQeNhDg>