



Expedition Conditions

18. You must plan an appropriate expedition menu, cook & eat a substantial hot meal each day.

Ideas and Tips

TIP
You will need around 3000-4000 calories per day on expeditions.

TIP
Portion your meals into bags and label them.

Breakfast	Lunch	Evening Meal (3 courses)	Snacks and Drinks	Emergency Rations
<ul style="list-style-type: none"> Porridge oat sachets/pots Cereal bars Expedition Food packs Dried fruit 	<ul style="list-style-type: none"> Sandwiches (Day 1) Tortilla wraps Pancakes Pitta bread Jam / Marmalade Nutella Marmite Sandwich Paste Malt Loaf Eccles Cakes 	<p>Starter</p> <ul style="list-style-type: none"> Cup-a-soup sachet <p>Main Course</p> <p>Either:</p> <ul style="list-style-type: none"> "Uncle Bens" Boil in Bag Rice "Look what we Found" curry / chilli <p>Or:</p> <ul style="list-style-type: none"> Quick cook pasta "Look what we Found" Bolognese or "Dolmio" Stir-In sauce <p>Pudding</p> <ul style="list-style-type: none"> Ginger Cake & Custard sachet Expedition Food packs 	<ul style="list-style-type: none"> Malt Loaf bars Dried fruit Haribos Jelly Cereal bars Water Hot Chocolate 	<ul style="list-style-type: none"> Kendal Mint Cake Energy tablets

TIP
Try the food before you go so you know how to cook it and that you like it!

Calories – Nutritional Info on packets or refer to www.nhs.uk/Livewell/weight-loss-guide/Pages/calorie-counting.aspx



Alpen Original Muesli
100g Sachet = 357 calories



Quaker Oats So Simple Porridge
57g Pot = 213 calories
100g Sachet = 376 calories



Kellogg's Nutri-Grain Cereal Bar
37g Cereal Bar = 130 calories



Cadbury's Hot Chocolate 27g sachet = 109 calories



Uncle Ben's Boil in Bag Rice (1 bag) & Look what we Found Chilli con Carne (250g)
397 calories



Tesco Quick Cook Pasta (100g) & Dolmio Stir-In Carbonara Sauce (150g)
364 calories



Batchelors Super Noodles
100g packet = 177 calories



Tesco Scotch Pancakes & Nutella
15g Sachets = 160 calories

TIP
Share food to conserve time & gas.

TIP
Add salt, pepper & herbs for extra flavouring.

TIP
To add water - use your mug as a measuring jug.

TIP
Drink at least 2 litres of water each day.

WEIGHT OF YOUR FOOD

- PACK LIGHTLY!!!** You have to carry it!
- Only bring the food you are going to use e.g. 1 portion of cereal into a sealable bag.
- Pack a small bag of snacks for each day.
- DO NOT** bring glass jars or bottles.

AVOIDING FOOD POISONING



Wash your hands thoroughly before preparing food. Wash your pans after cooking.
DO NOT bring food that needs to be in a fridge or freezer as it will go rotten.
DO NOT bring fresh meat (bacon, sausages etc.) or dairy produce (cheese, milk etc.).