



How to complete Menu Planner

Name: _____

- This Menu Planner is for your own use. Please fill it in during your Food & Menus Training Session and take it home with you so that you know what to bring on your expedition. Use the ideas on the factsheet to remind you of the best foods to bring on an expedition.
- Remember that you will only have 1 gas burner and 2 pans for each tent group, so you should plan your menus with those you are sharing a tent with. This will help to save time and gas when cooking.
- You only need to fill out 1 Menu Planner. Use the same menus for your Practice and Qualifying Expeditions.

TIP
Plan your menu in advance.

Meal	Day 1	Day 2	Target Calories
Breakfast	Actual Calories =	Actual Calories =	750
Lunch	Actual Calories =	Actual Calories =	500
Evening Meal	Actual Calories =	Actual Calories =	1000
Snacks & Drinks	Actual Calories =	Actual Calories =	750
Emergency Rations			