

# DofE Food

Choosing the right amount and right kind of food will make a huge difference to how successful and enjoyable your DofE expedition will be.

Your group will be given 2 Trangias to use on expedition. Each can cook one pan at a time. You may like to cook together to avoid waiting a long time for food.

## **Personal preference**

Choosing foods you like makes all the difference on your expedition because it will really improve your mood if you eat something you like and make you depressed and ready to give up if you are trying to eat something you hate.

## **Calories**

You need to be aiming to eat at least 2,000 calories per day if not 3,000.

## **Menu planning**

Here are suggestions for good things to include in your meals. Then I have included a list of things to avoid because they can cause specific problems when camping.

Yes Foods – These are ideal to take on expedition			
Breakfast	Lunch	Dinner	Snacks
Porridge oats mixed with dried powdered milk.	Bready things: pitta bread, oat cakes, naan bread, fajitas.	Carbohydrates like risotto, rice, pasta and noodles, instant mash potato and couscous.	Nuts and trail mix.
Cereal mixed with powdered milk.	Dried meats like pepperami, chorizo, beef jerky etc.	Curry sachets.	Chocolate.
Beans or beans with little sausages.	Tins of sardines, mackerel, tuna in sauce, oil or brine.	Salami.	Sweets.
Cereal bars	Individually wrapped cheese like babybel and dairy lea.	Smoked sausage.	Peanuts.
Hot chocolate with brioche to dip in.		Beanfeast.	Pepperami.
Soup sachet with pitta bread.		Sauce sachets.	

**Ration pack type food is also an option for meals, especially silver, but this needs to be the type that you add water to. If they are already wet they will be much heavier to carry.**

## Drinks

You will need to bring at least a 1 litre water bottle. **DO NOT** bring energy drinks, these are heavy to carry. You will not be allowed to set off if you don't have at least 1 litre of water.

If you don't like drinking water try adding squash.

Tea, coffee and hot chocolate sachets are ideal to warm you up at the campsite.

## The Bad List

No Foods – Avoid these food for expedition.	
Raw meats (bacon, sausages, chicken)	Will go off in your bag if it's a hot day and could cause food poisoning.
Mushrooms, tomatoes etc.	Fresh food won't last and is bulky and heavy to carry.
Pot noodle	Contains very little, not enough food after a day walking.
Tinned food – don't take many tins!	Very heavy and bulky to carry. Try a sachet or small can instead.



## Bronze DofE Expedition Menu Plan

Team Name:

Day	Breakfast	Lunch	Dinner	Snacks	Calories
1					
2					
Emergency Rations					

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.