



Expeditions Food Ideas

On an expedition, participants provide their own food for breakfast, lunch and the campsite meal in the evening, as well as all-day snacking. Water is provided at the campsite, and you will be offered a water-bottle top-up throughout the expedition walk. During the expedition, you should aim to consume between 3000 and 4000 calories per day, which is much more than usual. There is a wide range of food available, and teams are encouraged to test and try a wide range of different foods during training before making the final choice of menu for the Assessed Expedition.

The basic rules are:

- Foods should be packed in meal-sized quantities and each person should bring their own food portion (even if everyone is eating the same foods to be cooked together).
- NO FOOD WHICH NEEDS TO BE KEPT IN THE FRIDGE
- NO GLASS
- AVOID LARGE TINS (which are heavy to carry)
- LOTS OF SNACKS DURING WALKING TO KEEP MOTIVATION HIGH

Most of the food can be bought in your local supermarket. The specialist Expedition Food should be tried before expeditions, we would recommend “Wayfarers”

<https://www.wayfayrer.co.uk/>

<https://www.amazon.co.uk/wayfarer-meals/s?k=wayfarer+meals>

<https://www.gooutdoors.co.uk/br:wayfayrer/>

<https://www.blacks.co.uk/equipment/cooking-eating/camping-food/br:wayfayrer/>

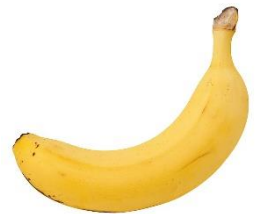
Using the last two links you can use the DofE discount card as well.

Here are some SUGGESTIONS for foods which work well on expeditions.

Breakfast:

This should provide around 20% of your day's calorie requirement.

- Cereal/muesli with some dried powdered milk and sugar – add water
- Porridge (“Flahavans Quick Oats” from Tesco) or Oat So Simple tastes really good with drinking chocolate sachet & hot water.
- Pitta bread / tortilla wraps with cheese, chocolate spread or banana
- Malt loaf and other fruited breads
- “Wayfarers” Beans and Sausages
- ‘Pack ‘n’ Go’ Breakfast



Lunch:

This should provide around 30% of your day's calorie requirement. We recommend that you bring a packed lunch on your first day. Then on the other day(s):

- Pitta bread /tortilla wraps with cheese or banana or tuna in a sachet or peanut butter
- Ready-to-eat meals with crackers or oat cakes
- Instant noodles, couscous meals or a cup a soup. The water can be boiled in the morning and put in a flask to save you getting out your stove at lunch time
- Nuts
- Raisins
- Chocolate
- Breakfast bars



Campsite Evening Meal

This should provide 50% of your day's calorie requirement. This meal must be cooked as part of your assessment.

- "Wayfarers"
- "Adventure food"
- Dried pasta meals
- Rice meals
- Super Noodles perhaps add frankfurters or sliced pepperoni sausage
- Pasta & pasta sauces

When buying rice or pasta for your expedition check the cooking time on the back of the packet. Quick cook rice in sachets & the 3 minute pastas are the most economical when camping.



Puddings or Desserts and Snacks

- Birds Instant custard or Birds Semolina.
- Cake bars and custard
- Fruit
- "Wayfarers" Chocolate Pudding
- Chocolate bars
- Tracker bars
- Nuts and dried fruits
- Instant hot chocolate, tea or coffee

