

## EXPEDITION 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 usually in the middle of the day.

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)

ONLY BRING THE EXACT FOODS THAT YOU NEED FOR EACH MEAL

Here are some SUGGESTIONS ONLY for foods which work well on expeditions. Most of the food pictured can be bought in your local supermarket. The specialist Expedition Food should be tried and can be bought as follows: "Wayfarers" 'boil-in'bag meals (ordered from, local camping shops or Army Stores or find stockist online

<http://www.westlerfoods.com/Wayfayrer.html>

and "Pack'n'Go" online

<http://www.bewellexpeditionfoods.com>

[www.lookwhatwefound.co.uk](http://www.lookwhatwefound.co.uk)

Perhaps you have your own ideas? ..... we look forward to hearing about those.

# Breakfast

This should provide around 20% of your day's calorie requirement. Here are just some ideas....

Using a bowl (the same as you use for breakfast) to measure the correct amount of cereal/muesli you want, add some dried powdered milk (about 2 level tablespoons) add sugar if required and empty the ingredients into a food bag and seal the top. At the camp just pour the ingredients into a bowl, add about 8 fl oz of water and stir.

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 etc. from local camping shop or buy tinned and empty into zip lock bags.



# Lunch

This should provide around 30% of your day's calorie requirement. Here are just some ideas.... 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 etc.





# Campsite Evening Meal

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

## MAIN MEAL



The Look What We Found range is a really tasty expedition meal and can be ordered on line:

[www.lookwhatwefound.co.uk](http://www.lookwhatwefound.co.uk)



“Wayfarers” Meals

[www.westlerfoods.com/Wayfayrer.html](http://www.westlerfoods.com/Wayfayrer.html) or from camping shops “Pack’n’Go” Main Meals

<http://www.bewellexpeditionfoods.com/Main-Meals/>

Dried pasta meals, rice meals, Super Noodles perhaps add frankfurters or sliced pepperoni sausage...



Pasta & pasta sauces, curry boil in the bag and then just add rice & fresh or dried vegetables,

 <p><b>'My Dolmio' Pasta Range</b></p> <p>Delicious, nutritious and ready to serve in 75 seconds. Proper food for proper kids.</p> <p><a href="#">FIND OUT MORE</a></p>	 <p><b>Stir-in Sauce</b></p> <p>Stir-In sauces coat the pasta for a truly mouth watering experience.</p> <p><a href="#">FIND OUT MORE</a></p>	 <p><b>Express! Pasta Sauce</b></p> <p>These recipes are full of ingredients. Just choose a sauce and pasta, heat in the microwave, and serve.</p> <p><a href="#">FIND OUT MORE</a></p>
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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.



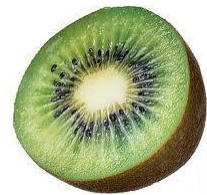
# PUDDING AND DESERTS

Here are just some ideas....

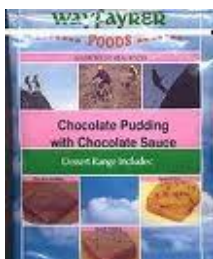
The easiest pudding to take on an expedition is the instant mix type. Birds Instant custard or Birds Semolina. Other makes available just add boiling water to the mix and stir. Simple And filling. Cake bars and custard...



Fruit....



Chocolate Pudding or Treacle Pudding



"Wayfarers" Meals [www.westlerfoods.com/Wayfayrer.html](http://www.westlerfoods.com/Wayfayrer.html) or from camping shops  
"Pack'n'Go" Meals <http://www.bewellexpeditionfoods.com/deserts>

## All Day “GRAZING” Snacks

### Expedition Snack foods to eat while walking

Snacks are good while doing the expedition, they help to keep energy levels high, especially when you are carrying a heavy pack over rough terrain. Trail mixes containing nuts, raisins and dried fruits provide a quick energy boost. Don't forget to drink plenty of water, if you become dehydrated this will make you feel tired. You should normally drink 1½ liters of water a day but when walking you should drink more.

Chocolate bars are a good source of energy  
Tracker bars or muesli type bars are good  
Nuts and dried fruits are also a good source of energy



Trail mixes containing nuts, raisins & dried fruits provide a quick energy boost.

You could try making your own energy bars. Here are a few ideas.

#### **Muesli bars.**

Makes 12 bars Preparation time 10 minutes

##### Ingredients

3 tablespoons of margarine, 280 grams of marshmallows, 300 grams of mixed nuts and raisins, 52 grams of corn flakes or rice crispy (or use any type of cereal you have and like) and 240 grams Muesli.

In a large pan, melt the margarine and slowly add the marshmallows, Heat very gently until the mixture is completely melted. Stir in the nuts and raisins, cereal and muesli and mix all the ingredients together. Pour the mixture on to a 35 x 25 cm sheet of grease proof paper, spread the mixture evenly. Allow to stand for 15 minutes and cut into bars. Wrap each bar individually. The bars are best eaten within four days.

#### **Fruit balls**

Good for a quick energy fix, you can use any dried fruit, although apricots work really well because of their high sugar content. Makes 16 fruit balls Preparation time 10 minutes

##### Ingredients

110 grams of dried apricots or any other dried fruit, 75 grams of shredded coconut, 2 tablespoons of icing sugar & 120ml condensed milk. In a large bowl, mix the fruit and coconut together, Pour in the milk and mix well. Shape into about 16 balls and roll fruit balls in the icing sugar to coat. Pack them into an air tight food bag.

And finally, what about a BED-TIME DRINK?

Drinking chocolate sachets to be made with hot water.

