

Duke of Edinburgh – Expedition food guide

Before you leave for expedition, make sure you have a hearty breakfast. You will be walking all day and should therefore be consuming around 3000 calories to keep you going.

The following guide should help you with some food ideas for each meal during the expedition. DON'T FORGET...for bronze you will need Lunch and Dinner for the first day and breakfast and lunch for the second day of your expedition.

Breakfast

Porridge oats	Must be instant, not whole oats. Mix 50g oats, 50g powdered milk and 15g sugar in a small sandwich or freezer bag. Add 350ml water and cook whilst stirring until everything goes thick. You could also get a ready prepared pot, but are quite bulky. (But also save on washing up)
Cereal	Choose the highest calorie per 100g cereal you can find (as long as you like it). Most cereals are around 340 - 380 calories per 100g but Crunchy Nut Cornflakes are over 400 and crunchy muesli type cereals (anything with 'cluster's in the name) are around 480 calories per 100g! Mix 50g cereal and 50g powdered milk in a sealable bag. To eat empty into a bowl and then pour cold water over and stir.
Beans	Not very high in calories and the tins weigh quite a bit but if a hot plate of beans makes you feel better in the morning then give it a go. You can get half size cans as well and ones with sausages in have a higher calorie content.
Cereal bars	Not very satisfying but some people like to get away early in the morning without doing any cooking or washing up so cereal bars might do at a pinch. Get the highest calories per 100g.
Soup	Instant soup sachets with pitta bread to dunk. Or pasta/noodles in them.
Hot chocolate	Not on its own but with some food as well hot chocolate can add some extra calories and warm you up nicely on a cold morning.
Frankfurters	Sausages which are smoked or cooked or dried already and which have not been taken out of their packets should be fine but if they are supposed to be kept in a fridge eat them the first day.



Lunches

Lunches will need to be easy to eat on your walk and provide you with the nutrition you need over the weekend.



Soreen or fruit bread is an excellent source of energy and it doesn't matter if it gets squashed.



Anything that can be made up before hand and packed in a bag is ideal. However lots of people like the idea of deconstructed sandwiches using any of the bread items above and longer life meats such as peperami.

Dinner

Instant Mashed Potato	One of my favourite camping foods. Incredibly easy to cook, hardly uses any water so takes seconds to boil enough and is warm and filling.
Rice	Never bring normal rice as everything takes twice as long to cook on a camping stove as on a stove at home and rice already takes 20mins so thats 40mins.... nightmare. 10min boil in the bag rice is OK but the best kind is the pre-cooked type in a sachet such as Tilda Steamed Rice or Uncle Ben's Express.
Pasta and noodles	Just like rice never bring any kind of pasta which takes 10 or more minutes to cook normally. Only use quick cook types or instant meal types (like Pasta n'Sauce). Noodles tend to be faster than pasta and some pre-cooked types are virtually instant- you just stir them around in a little boiling water to heat them and eat.
Risotto	My other favourite carb along with instant mash. Get sachets of risotto which are already cooked with various flavours in like Uncle Ben's Risotto. You can even boil the sachet in water without opening it then eat it out of the sachet when hot. Just pour two or three dessert spoons of boiling water into the sachet after opening and give it a stir. No washing up! Yeah!
Couscous	Easy peasy to make- get the precooked one, it should say something like: 'leave for 3mins' not: 'leave for 10mins'. Measure how much couscous you are going to use (50g per person) and add the same volume of boiling water. About half a mug of each per person. Then just wait a few minutes.



In addition to the above, you can also find pre packed boil in the bag camping meals. These meals are created specifically for camping and contain the ideal number of calories and nutrients to keep your energy levels up.

Main meals – boil in the bag. Large range of complete meals that you can submerge in boiling water. They are not bulky, but quite heavy and relatively expensive. (£5 per pack)



A cheaper alternative to the meals above (£2 per pack), found in Sainsbury's stores and contain real protein. Meals such as chilli con carne, Beef meatballs and a range of curries. Do require rice.

Snacks

Snacks are really important to increase your calorie count and therefore energy levels. Furthermore, snacks are brilliant for improving morale and mood when tired from walking.

Nuts and trail mix	Nuts are very high in fat and therefore very high in calories. You can mix them with dried fruits to make 'trail mix'. You can put whatever you want in your trail mix and put it in a resalable plastic bag. You can have it in your pocket ready for your hand to dip in whenever you feel a drop in energy.
Dried Fruit	Dried fruit is especially good as it does not get squashed and make a mess like fresh fruit. It is also sweet and a better option over sweets if you like it.
Chocolate	Although on hot days chocolate might melt a little its got masses of calories in a small compact size, doesn't go off and almost everyone likes it. The highest calorie bars are Kit Kat Chunky, Mars Bar, Snickers, Cadbury's Dairy Milk. Basically anything 'chunky'.
Sweets	Traditional hard boiled sweets are great as they contain plenty of calories and you can suck them as you walk. Starburst etc are also good ideas.
Peanuts	Either in your trail mix or on their own peanuts contain loads of calories and don't go off. Check that no-one in your team has a peanut allergy though as its one of the worst allergies!
Pepperami	Yum yum. Don't get anything sausage like which is supposed to be kept in the fridge though.

