

Menu Choices for Expedition.

REMEMBER, your food choices must be good sources of energy, but not just quick releasing sugars. Think about sources of starch and fats.

Your food choices must also be light weight as you will have to carry them, so probably best not to rely on baked beans.

For a weekend expedition you will need:

- One breakfast
- Two lunches
- One evening meal
- Snacks for when you are walking
- Emergency rations, which will sustain you if you become stranded somewhere. These ARE NOT to be eaten unless there is an actual emergency. At least 1000Kcal.

A requirement of the expedition is that you cook at least one meal per day, so maybe think about either having a cooked breakfast for the second day, or cooking a lunch for the second day on the evening of the first.

The final consideration you will need to make is washing up! It needs to be done, and the quicker after eating, the better, and will have an impact on your food choices.

Also, NO POTNOODLES! They take up too much room and have little to no nutrition!

Suggestions:

MAIN MEALS

As a base (carbohydrates) :

- Any kind of dried Pasta in Sauce.
- Couscous – cooks incredibly quickly.
- Noodles – good filler but definitely need something adding to them.
- Uncle Bens Microwaveable Fried Rice – no, there won't be a microwave at your campsite but it is pre-cooked and will heat up in a **very** short time in a pan or mess tin.
- Dried mashed potato mix (eg smash). Very light and produces ALOT of mash for a relatively small amount of packet mix.

Then add :

- Pitta Bread, Naan Bread, Fajitas - already squashed so won't come to any harm in your rucksack and can be warmed up on top of a pan lid whilst cooking the base meal.
- Uncle Bens Chinese sauces – preferably dried type in packets
- Any other dried sauce in a packet!!
- Vegetable/Chicken/Beef Stock cubes – to add flavour
- Pepperami/Matteson's Sausage – all sealed up, bomb proof! Slice and add.

- Dried Mushrooms/Onions – weigh nothing but plump up and add a lot of flavour to your dish, remember to add a bit of extra water for them to re-hydrate.
- Pesto and Herbs & Spices - can be packed into an empty film canister.
- Sun dried tomatoes

AVOID:

- Anything that can go off basically. Smoked and dried cooked meat (eg beef jerky or pepperami) should be ok as would small tins of meat such as tuna, spam or corned beef.
- **DO NOT BRING FRESH MEAT OR SOFT CHEESE.**
- Soft fruit that is easily damaged and could spoil other food. Dried fruit is lighter and won't go off.

FOR DESSERT [Or snacks]

- Flapjack – why not make your own
- Fruit Cake, better still Christmas cake with icing on!
- Malt Loaf
- Crunchy Cereal bars or crunchy cereal / mini weetabix type stuff
- Jelly
- Instant Custard & Dried banana
- Jamaica ginger/chocolate/golden syrup cake and custard - very fast and delicious
- Dried apple rings with instant custard – fantastic, but remember to make the custard runny so that the apple can reconstitute.
- Semolina pudding and jam [take in film canister]
- Angel whip
- Dried fruit – tropical is a particular favourite, also apricot and mango.
- Nuts/Trail Mix/Bombay Mix/Seed mix – make sure no-one is allergic to nuts though!

BREAKFASTS

Having something hot for breakfast makes a very positive start to the day, even if it's just a cup of tea with your cereal bars!

- Porridge [ready brek] – pre mix this with milk powder and sugar to taste, add some dried fruit for extra interest.
- Cereal bars
- Jordan's Crunchy Cereal or other kind of cereal which won't squash – pre mix with milk powder

DRINKS

- **ALWAYS ENSURE THAT YOU DRINK AN ADEQUATE AMOUNT OF WATER.**
- **IF YOU ARE ADEQUATELY HYDRATED, YOUR URINE SHOULD BE PALE YELLOW IN COLOUR. IF YOU FEEL THIRSTY, YOU ARE ALREADY DEHYDRATED.**

- **THIS IS ALSO IMPORTANT AT CAMP, AS BEING HYDRATED WILL KEEP YOU WARM AT NIGHT.**
- Hot Chocolate etc. instant drink sachets
- Herbal Tea - caffeine free! (add sugar to taste)

LUNCHES AND SNACKS

Mix and match from suggestions on this sheet – you should have got the general idea by now

TOP TIPS

- Re package everything down to the bare minimum, if necessary write cooking instructions on to inside packet.
- If a recipe needs 250ml of water to reconstitute it measure this out before you go into your mug and mark the right level – this saves guess work at your campsite.
- **Make sure you eat well for a couple of days before you go on your expedition.**
- Go to large supermarkets eg. Asda, Morrisons & Tesco – they have lots of choice in this kind of food.
- To clean pans - take a **tiny** bit of green pan scrubber in a small plastic bag & put a squirt of washing up liquid on it.
- For burnt on food - boil up a handful of gravel with water in your pan/tin, the boiling action will clean it.
- Don't forget the matches!
- Don't leave the washing up, the later you leave it, the more stuck it will become.