



## Suggestions for suitable expedition food

Remember you will **not** be able to refrigerate meat/dairy items whilst on expedition, so you will need to bring food that does not require refrigeration.

If you have access to them, you can use ration pack meals. Alternatively you can buy ready-made boil-in-the-bag type expedition food from outdoor stores.

Please note: There will be clean drinking water available at all campsites.

### Food suggestions:

**Lunch:** sandwiches, rolls, croissants or pittas containing fillings other than meat are ideal. Cheese will happily last a couple of days without refrigeration, or you could choose Nutella, jam, peanut butter, marmite or sandwich spread. If taking fruit, avoid bananas as these squash and spoil easily – apples, pears and satsumas are good choices. Also consider cereal bars and flapjack.

**Evening meal:** allow 100 - 120g of plain pasta or rice per person. Measure out before the expedition and put in a marked food bag to save space in your rucksack. Alternatively for a rice meal, use microwavable ready cooked rice, which comes in different flavours and cooks fine on the gas stoves that we use – just add a little water and heat through.

To make sure you get some filling protein into your meal, try adding a sauce that already contains meat eg Dolmio Bolognese pouches or carbonara tub sauce.

Or you can chop up chorizo, Mattesons Smoked Sausage or Peperami (these don't need refrigerating) to add to a tomato and basil sauce tub or curry sauce pouch. Take a good look in the Pasta and Indian food aisles in any supermarket and you'll see plenty of sauce flavours to choose from.

We would not recommend bringing tins or jars of meat/sauce or baked beans as these are heavy, but it's up to you as you will be carrying them.

Fresh vegetables are nice and healthy, but can be difficult to cook on a Trangia stove. However with some cooking oil and a low stove heat you can manage a decent stirfry.

Instant custard made in a mug is fantastic with cake for pudding!

**Breakfast:** Don't be tempted to skip breakfast, even if you usually do - you'll need the energy to get going in the morning. Porridge pots are a good filling hot breakfast when on expedition. However the pots have been known to split when compressed in a fully packed rucksack, so we recommend putting the contents of the pot in a food bag and making the porridge in your mug.

Sausages or bacon are not good choices since they require refrigeration and tend to burn or stick to the cooking pot.

Pain au chocolate/croissants/brioche/cereal bars/breakfast biscuits are great as they don't mind being squashed.

**Drinks:** Don't forget your drinks! A coffee sachet that already contains milk powder is a great choice for breakfast, and fruit tea bags or an instant hot chocolate sachet is good at any time. If you need a traditional brew in the morning, consider getting UHT milk "sticks" (Dairystix or similar) to put in your tea. You can make water more interesting by adding super-concentrated squash (eg Robinsons Squashed).

Please remember that each team needs to bring **washing up kit** – brillo pad/scouring sponge, washing up liquid and tea towel, plus **matches** for cooking