DofE Menu Planning

Your expedition food must be……..

Lightweight

- Choose de-hydrated, dried food that you can re-hydrate when you need them.
- Avoid heavy items

Small

- Choose foods that are as compact as possible, discard unnecessary packaging (tear off and keep the instructions if you need them, pack things into smaller containers or bags if suitable.
- Avoid bulky foods that take up unnecessary space

Non-perishable

- Anything that requires any sort of refrigeration must be consumed by your first lunch.
- After that all foods must be non-perishable and not require any refrigeration.

Safe

- No glass, no tins, no sharp plastic cartons.

Unlikely to squash or melt

- Avoid things that will be damaged by squashing, like sliced bread, eggs, bananas etc.
- Cakes, biscuits crisps are still edible even if they are squashed!
- Keep chocolate wrapped in case it melts.

Quick and easy to cook

- Avoid complicated meals, you will be tired and may be cooking in the rain.
- Practice cooking your meal choices before you go.

Nutritious

- See next box!

Tasty

- You need to be looking forward to it, so choose things you like!

Weekend Plans…..

Friday night

- Take a packed supper, eat before you go, or bring a take away.

Saturday breakfast

- This is not part of your expedition, you can eat whatever you like, but remember you still have to cook it on a trangia and wash it up.

Saturday lunch onwards

- Your expedition menu starts from the moment you leave site on Saturday

At the end of your expedition

- When you finish you must show your unused, sealed emergency rations, unless there is a good reason why you needed them.

You need to include:……

Minimum 3500 calories every day

- Pack as many calories in as you can. This is not the time for trying to lose weight!

Protein for mending muscles:

- Preserved sausage, like Peperami, Mattesons etc.
- Processed sealed cheese like Babybel or squeezy cheese.
- Tuna pouches, Peanut butter, Porridge

Carbohydrates for slow release energy

- Pasta, Rice, Instant Mash, Tortillas, Pitta bread, Couscous, cereals, porridge.
- Avoid cereal bars, they dehydrate you.

Sugars for quick energy fix

- Jelly, cakes, biscuits, chocolate, sweets.
- Avoid sugary drinks, they can actually dehydrate you! Take small pack of super-concentrated squash instead.

Fats and Oils for more energy

- Nuts, cakes, biscuits, cheese.

How to pack and when to eat what….

Timing

- If you take something heavy, eat it as soon as possible. Don't carry heavy food to the last day!
- Eat anything perishable on your first lunch.
- Share the food out so that each team member carries things for all meals.
- Don't leave one person carrying all the food for the last meal while someone else has a no food to carry, UNLESS that makes a smaller person's pack more manageable.
- You must plan a hot breakfast on a cold weekend.

Where to pack it:

- If you're eating it soon, pack it in the top of your bag.
- If it might squash pack it inside something protective, like your mug.
- Keep snacks in your pockets.
- Pack a bladder/camelback in another waterproof bag

It's your expedition……..

- You can eat what you like, when you like, so long as it meets the above requirements.
- If you want soup, hot pasta and chocolate sauce for breakfast, that's fine.
- You can eat as a team, which is easier and quicker, or as individuals.
- You can do amended or separate menus, to suit any team members who have dietary requirements.