

MENU PLANNING FOR AN EXPEDITION CAMP

Planning your menu for an expedition camp is not so easy as for a normal camp. You need to consider weight (as all your food must be carried), energy (you use a lot of energy walking and carrying your kit), ease of preparation (food must cook quickly on a lightweight stove) and spoilage (certain foods will go off quickly - especially when it's hot weather).

Below are some ideas for what you might consider when making your menu plan:

Breakfast Cereal bars, crackers, biscuits, fruit.

(Try to avoid food that needs cooking - it takes too long and things like bacon/sausages go off quickly).

Eat plenty of breakfast to give you energy for the days walk.

Dinner Sandwiches, biscuits; crisps, flapjack, fruit.

(Pack bread separate to sandwich fillings and make up as you want them - this saves your bread from going soggy).

Tea Boil in the bag meals, pasta-n- sauce, pre-prepared stew/curry/chilli (with rice/noodles/pasta) which can just be heated up. (Quick and easy to cook, tasty).

Supper Cup-a-soups, pot noodles, biscuits. (Quick and easy to cook, tasty).

Snacks Dried fruit, nuts, cereal bars, biscuits, flapjack etc... (High in energy):

Drinks Take juice in a refillable container, fizzy drinks are not advisable as they don't quench thirst as much. Take a small amount of concentrated juice to add to water when you refill your drinks bottle at the camp site.

Try to have a warm drink in the mornings and evenings. (Tea bags, hot chocolate sachets, coffee sachets etc....)

REMEMBER

Take plenty of food (don't go hungry).

Take food wrapped in foil, bags, or lightweight plastic containers (not tins).

Some dried foods require milk (eg Pasta n sauce) - remember to take a small amount.

Drink plenty of liquids so as not to dehydrate.

Keep utensils to a minimum (1 knife, 1 fork, 1 spoon, 1 plate/bowl, 1 cup).

You don't need to buy expensive, freeze dried, expedition meals. You can buy everything you need from a supermarket for a fraction of the cost.

During an expedition you should be self-sufficient. You should not need to buy anything from shops en-route.