# Planning Food DofE Bronze expeds

#### Remember

**W**eight – Don't bring too much foodcalculate portion sizes carefully

Allergies – Check with others in your group

**S**afety – Don't bring anything that requires refrigeration

Packaging – Reduce the chance of litterprepack foods in zip-lock bags where possible.

**S**ugar – Energy rich foods are good, but avoid too many sweets/biscuits

#### What do we need?

Lunch
Dinner
Breakfast
Lunch

## <u>Calories</u>

Estimated Average Requirements (EAR) UK Department of Health estimates:

Adult Male – 2550kcal / day Hillwalking

#### **Breakfast**

- Cup of tea/hot water/hot chocolate to warm up (remember: dried milk)
- Cold breakfast = quicker packing time
  - Muesli

- Hot breakfast = often more nutritious and gives better energy supply
  - Porridge with honey or jam (squeezy varieties are great!)





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### <u>Snacks</u>

Easily accessible in your pocket

- Chocolate bar
- Dried Fruit
- Dried cereal bar
- NO NUTS



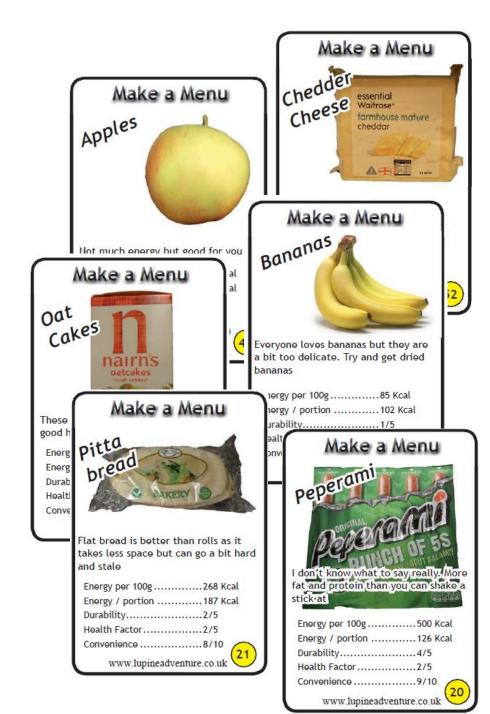




#### Lunch

#### **Cold food:**

- 2 Sandwiches / Oatcakes/ pittas with cheese or dried meat
- 2 Chocolate bars / cereal bars
- Dried fruit & nuts



#### <u>Dinner</u>

 Pasta with pesto or tuna or pre-packaged sauces; condensed soup (cup-a-soup) & water + chorizo

 Rice with pre-packaged sauces, fried vegetables, straight to wok noodles, sauce

Cous Cous with dried vegetables,

#### 13000 kcal



## **Hydration**

- Most important part of your daily intake
- Lost in sweat, keeping body cool while muscles create heat burning energy to move you along
- Hillwalking requires 2-3 litres intake / day
- Drink little and often
- Thirst is a very poor guide: once you're thirsty, you've already lost a lot of body fluid
- Lack of fluid prevents your body regulating temperature through sweat → rapid onset of heat exhaustion: headache, raging temperature, inability to walk, unconsciousness.