

Planning Food

DofE

Bronze expeds

# Remember

**W**eight – Don't bring too much food-  
calculate portion sizes carefully

**A**llergies – Check with others in your group

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

**P**ackaging – Reduce the chance of litter-  
prepack 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

# Calories

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!)

**Make a Menu**

Hot Chocolate



Quick, easy, sugary hot drink


Energy per 100g	..... 400 Kcal
Energy / portion	..... 40 Kcal
Durability	..... 5/5
Health Factor	..... 1/5
Convenience	..... 7/10

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**Make a Menu**

Muesli



Great start to the day, mix with water, powdered milk or yoghurt


Energy per 100g	..... 377 Kcal
Energy / portion (45g)	..... 170 Kcal
Durability	..... 4/5
Health Factor	..... 4/5
Convenience	..... 9/10

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**Make a Menu**

Porridge



The breakfast of champions (if you can stomach it)

Energy per 100g	..... 400 Kcal
Energy / portion (+ milk)	... 170 Kcal
Durability	..... 4/5
Health Factor	..... 5/5
Convenience	..... 7/10

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# Snacks

- Easily accessible in your pocket
  - Chocolate bar
  - Dried Fruit
  - Dried cereal bar
  - NO NUTS

## Make a Menu



It is just sugar really

Energy per 100g .....450 Kcal  
Energy / portion .....260 Kcal  
Durability.....1/5  
Health Factor.....1/5  
Convenience ..... 10/10

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## Make a Menu



Flakes of Dried Fruit

Energy per 100g .....330 Kcal  
Energy / portion (20g) .....66 Kcal  
Durability.....5/5  
Health Factor.....3/5  
Convenience ..... 10/10

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## Make a Menu



Fruity snack bars

Energy per 100g .....359 Kcal  
Energy / portion ..... 133 Kcal  
Durability.....3/5  
Health Factor.....3/5  
Convenience ..... 10/10

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# Lunch

## Cold food:

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

### Make a Menu

Apples



Not much energy but good for you

### Make a Menu

Cheddar Cheese



### Make a Menu

Oat Cakes



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### Make a Menu

Pitta bread



Flat bread is better than rolls as it takes less space but can go a bit hard and stale

Energy per 100g .....268 Kcal  
Energy / portion ..... 187 Kcal  
Durability.....2/5  
Health Factor.....2/5  
Convenience .....8/10

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### Make a Menu

Bananas



Everyone loves bananas but they are a bit too delicate. Try and get dried bananas

Energy per 100g ..... 85 Kcal  
Energy / portion ..... 102 Kcal  
Durability.....1/5

### Make a Menu

Peperami



I don't know what to say really. More fat and protein than you can shake a stick at

Energy per 100g ..... 500 Kcal  
Energy / portion ..... 126 Kcal  
Durability.....4/5  
Health Factor .....2/5  
Convenience .....9/10

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# Dinner

- 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.