Food and Nutrition

You need to make sure you stay hydrated and healthy

Energy

- ✓ Pack as much energy (calories) as you can carry
- ✓ You may need 3,4 or even 5 thousand calories more each day of your expedition
- ✓ Increase your carbohydrates and fats

Food Types

- ✓ Simple Carbohydrates (sugars) – Immediate Energy
- ✓ Complex Carbohydrates (rice, bread and pasta) – Medium Energy
- ✓ Fats provide energy over a long period of time

Food Choice and Menu Choice

- ✓ Food that contains the most amount of calories in a small weight and volume
- ✓ Food you enjoy!
- ✓ Simple to prepare: stews, curries and pastas
- ✓ Cook quickly to save fuel
- ✓ Food which is simple to prepare and full of carbohydrates, fat and fruit and vegetables

Cooking Times and Keeping Properties

- ✓ Choose foods which cook quickly
- ✓ Food that will stay fresh
- ✓ Dried, cured or smoked meats and sausages will last longer
- ✓ Vegetarian options are also ideal with soya, cheese, Quorn and tofu.

Tinned Food

- ✓ Tinned foods are ideal for fish and beans, but consider weight and remember a tin opener!

Water

- ✓ It is essential to keep hydrated on an expedition. Begin with at least 2 litres of water and 'tank up' before leaving the camp in the morning
- ✓ You can store water in bottles with secure caps or by using hydration systems such as a CamelBak or Platypus. These can be stored in your rucksack.

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Ideas for meals on expedition:

Breakfast

- Hot Chocolate Sachets
- Cereal Bars
- Oats-so-simple/Readybrek
- Hot Drinks
- Bacon Sandwiches
- Sausage and Beans

Lunch

- Banana and honey sandwiches
- Marmite Sandwiches
- Mini Cheddars/Cheese Spread
- Pitta Breads with Salad and Cheese
- Wraps with Tuna Salad
- Brown Bread instead of White

Evening Meal

- Curries
- Spaghetti/Pasta with Sauce
- Rice dishes with Vegetables
- Soups and Bread
- Stews
- Fajitas

Snacks

- Nuts
- Dried Fruit
- Biscuits
- Small quantities of chocolate
- To be consumed on the move

WATER!   WATER!   WATER!

Images courtesy of D of E and NaturalEngland.org.uk