



The Duke of Edinburgh's Award

BRONZE

Expedition Food Guide





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Introduction

Welcome to the Expedition Food Guide. This guide is one of two documents created to support your training and help you to prepare for the Expedition Section of your DofE Award.

Although this booklet does not contain all the information you will need (hence the need for training sessions) it should act as a summary for you when choosing your kit

CEC Guides:

Expedition Kit Guide

Expedition Food Guide

Cooking on a campsite can be a very different experience. It is also one of the most vital things you need to know about.

Why Cook Food?

- Kills bacteria found in water and food
- Makes food easier to digest
- Makes getting nutrients from food efficient
- Helps to warm up your body
- Is a requirement of the DofE Award

Trangias

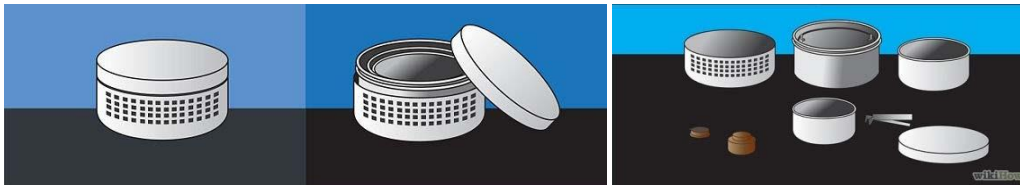
Trangia is a company that makes strong lightweight camping stoves for people on expeditions. They are not the only company that make expedition stoves but are the industry standard due to the above and its ease of use they are also all safe and efficient to use.

They are designed primarily for backpackers with a focus on being lightweight, durable, simple to build and use and pack down into a small compact size. This makes it ideal for DofE groups.

CEC has purchased several gas Trangias and we will be providing them for use by the participants during their Expedition.

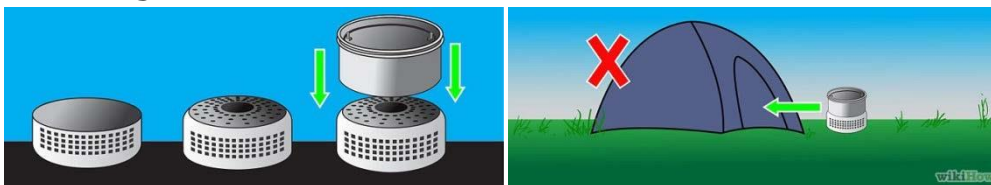
How to build a Trangia

- 1) **Unpack the stove.** The stove is packaged to take up as little space as possible. As you take it apart, remember how each piece fits together so you can put it back together after use.

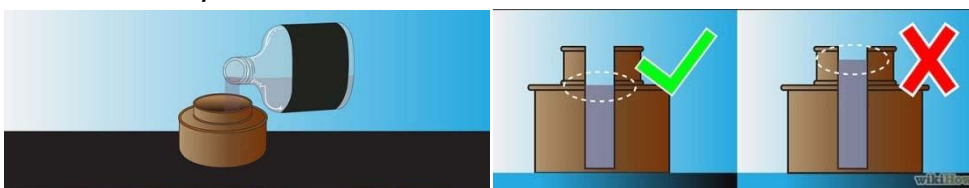


- 2) **Find somewhere firm and flat to place the windshield.**

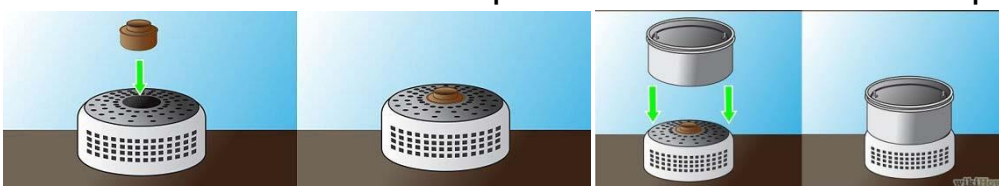
Stoves should never be used in your tents, as the fabric that the tents are made from is very flammable. The Trangia comes with a two-piece windshield to keep the flame from going out if it's windy. Place the bottom part of the wind shield on the flat surface/ground.



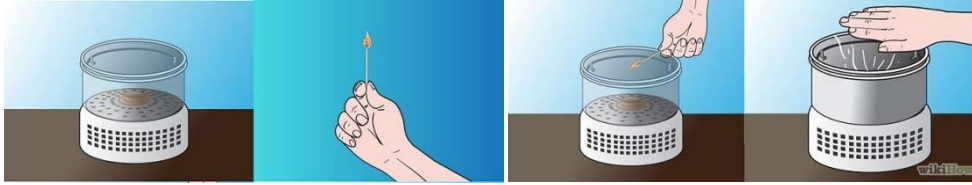
- 3) **Assemble the burner.** Remove the lid off the brass burner unit and pour in some methylated spirits (denatured alcohol) Never more than 3/4 full!



- 4) **Replace the lid immediately.** Put the burner carefully in the centre of the wind shield and put the second windshield in place.



- 5) **Light a match** and hold it into the burner. You won't see flames, but you'll feel heat when the spirit begins burning.



- 6) **Add the pan.** Use the handle to move the metal supports inside the wind shield.



- 7) **Cook.** You can now use the stove to boil water, or heat food in the pan or frying pan.



- 8) **Finish cooking.** Put the closed burner top in place to turn off the stove. The lack of oxygen will cause the methylated spirits to stop burning after just a few seconds. Do not use the burner lid to extinguish the stove, the rubber seal inside the lid is not fireproof and will burn and melt all over your burner. Remove the burner top to make sure the fire has extinguished. Leave the Trangia to cool before packing it away.





Unsuitable Food

Due to the nature of DofE expeditions certain food types are not allowed or not recommended. Please ensure that you do not bring any of the following food items.

Not allowed:

- Tinned Food (There are no bins in the countryside and you may have to carry all your rubbish with you until you get back home, tins also weigh a lot for a waste product)
- Fresh Meat (There will be no way to keep the meat cool so any meat for the evening or the next day may not last)
- Tomatoes, Cucumbers, etc (There will be no way to keep the vegetables cool and space is limited to give enough to prevent them getting squashed so any vegetables for the evening or the next day may not last)
- Crisps (They are very low on nutritional value and can make you dehydrated. They can also cause a mess if the packet bursts in your bag)
- Fresh Milk (There will be no way to keep your milk cold so may go off before it is used. UHT milk is only long lasting until it is opened and then needs to be refrigerated)
- Illegal drugs, Alcohol and cigarettes (If found the participant will instantly fail the expedition and sent home and may jeopardise the rest of the team's chance to complete it as well. Parents will be informed and further action may be taken by the school)
- Red Bull, Monster, etc (These drinks use excessive amounts of fast burning energy sources and designed on drinks made for professional sprint athletes. Energy wears off quickly making you crave for more and has been linked to heart conditions)
- Glass jars and containers break easily and cause lots of damage. Accidentally eating a tiny glass splinter can cause lifelong pain and disability that cannot be fixed.



Unsuitable Food

Not Recommended:

- Cakes and Biscuits (high in fast burning sugars that will require you to eat more to maintain your energy levels)
- White Breads and Pastries (high in fast burning sugars that will require you to eat more to maintain your energy levels)
- Fruits high in Fructose (The high sugar levels can make you have more frequent calls for nature as well make you crave food as the sugars wear off quickly)
- Lucozade or equivalent for lunch each day is one thing but participants should not be using this as their main source of fluid.
- Chocolates (They melt and get extremely messy. Since there's not many taps or toilets available you might end up with sweet fingers and might attract some new friends)
- Excess packaging should be removed before you leave home. Some foods have 3 or 4 layers of packaging. Taking items as you buy them will just mean you have a lot of unnecessary rubbish to carry around until you find a bin.
- Pot Noodle calories are from too many additives and not enough nutritional ingredients, these can give you a false sense of being full. If the Pot breaks in your bag then it is difficult to cook properly.
- Frozen Vegetables will defrost quickly and become soggy. They may also create condensation in your rucksack and make your stored clothes all damp.

Menu Design

Cooking on your expedition can be a great challenge and a way to make your expedition stand out. Think about your favourite foods and how you could adapt them so you can have them during your expedition. Some teams have made cooking their aim and then prepared elaborate three course meals for lunch and a posh afternoon tea break with the Assessor being the food critic (you'll still need to have a full evening meal too though).

You'll need to design a menu which does the following:

- You need to cook as a team so plan a menu that works for everyone. Make sure one person's food doesn't take longer than everyone else's or otherwise you may want to alter the order the food is made to make sure you all get your food at the same time so you can eat together.
- Keep your menu balanced, particularly for longer expeditions.
- Packs in as much energy (or calories) into the least weight and volume as possible. Depending on the length of your expedition and how big you are, you'll need to get through between three, four or even five thousand calories every day. Choose foods high in sugars, carbohydrates and fats.
- Choose food you like! Food is both energy for physical endurance and team morale!
- Keep meals easy and quick to cook (you might need to do some preparation at home first) and that will keep until you plan to eat it, even in hot weather. Dried, cured, smoked or vegetarian foods will usually all last well.
- Keep the weight and litter down by removing its packaging and cooking as a team.
- Make sure you keep your food in something waterproof like a plastic bag. You could also put it all into a lightweight container so it will stand up to the inevitable squashing into rucksacks, being sat on and being dropped...
- Try to pack the food for each day/meal together in one place so it is easy to find.

Planning and teamwork is everything. You have to cook as a team so it's usually best to share meals, but you can also take turns to cook individual meals. You'll get much more out of cooking from scratch or preparing meals at home first, but you are allowed to use light weight ready-made expedition meals. Whatever you do, you'll need to agree your menu and cooking plan as a team, spend your budget and then cook together as a group.

Ration packs can come as hydrated/**wet packs** (contains water so only needs heating up) or as dehydrated/freeze dried/**dry packs** (add boiling water). Both will have the ingredients marked and will contain about the same amount of calories. Wet packs tend to have a better flavour and can be eaten without having to add anything or even cooking but are heavier to carry due to the water. Dry pack are a lot lighter to carry and cook quicker but tend to be more porridgy in texture.

What are the advantages of readymade outdoor meals?

- Ready to eat straight from the packs, hot or cold.
- Fast cooking time.
- No refrigeration required.
- Light and easy to carry.
- High calorie content for replacing used energy.
- Wide range of meals you could not otherwise have.



Where can I find ration packs?

- Blacks (www.blacks.co.uk)
- Go Outdoors (www.gooutdoors.co.uk)
- Any other camping kit shop or army surplus shop
- www.cotswoldoutdoor.com (Discount Code on you DofE Card)
- www.mountaintrails.org.uk (Discount Code 'DofE15')



Breakfast Ideas

Breakfast is the most important meal of the day. You should be consuming most your bulk calories now in preparation for the day ahead. Breakfasts should have a good mix of short, medium and long lasting energy products.

Breakfast Bars/Biscuits – Breakfast bars and biscuits are great to get you going in the morning. They take no cooking and have that sugar rush that can get you up and going.

Fruit loaves – such as Malt Loaf or Banana loaf. These have a huge amount of calories, don't mind being squashed and taste absolutely fine if wet.

Porridge Pots – The oats in a porridge are proven to help your brain and body function at its best. Great for warming you up on those cold mornings. You can even mix in your own dry fruits.

Apples – These are a great crisp start to a morning containing nice amounts of complex sugars and water.

Powdered Milk – as explained above the fresh kind will just not cut the mustard but the powdered variety will keep in any type of weather. Just be sure to make sure you practice how to use it before the expedition.

Tea/Coffee – Great to just get that bit of warmth in your body helping you to function better.



Lunch Ideas

Lunch is a social time for a DofE team. It's in the middle of the day so you don't want to cook or spend ages waiting for food. Preparation is everything for a great lunch so make sure you plan it picnic style, maybe even cook something in the morning after your breakfast and store it in a tub.

Cheese Pittas – Warm up some pitta bread in the morning and fill it with cheese, then melt the cheese and pack it for lunch.

Cured meats – such as beef jerky, which doesn't need refrigerating but packs in plenty of calories.

Nuts – These contains high levels of unsaturated fats that are easily broken down for slow burning energy. Sugar coated nuts will mean you get a mix of fast, quick energy and slow burning energy. Avoid salt on your nuts as this will make you dehydrate quickly.

Dry Fruits – Certain fruits will give you energy and help to block your need to go to the loo and some fruits will make you want to go more. Dry fruits means you can squeeze them without turning them into mush and they will also take up less room in your rucksack.

Cup A Soup – Great for keeping you warm when you stop. Just make sure you pre-heat a flask of hot water and then all you need is your mug and the soup. Crush up some super noodles and add them to the soup for some extra texture.

Breakfast bars/biscuits - They take no cooking and have that sugar rush that can get you up and going. Get yourself with a mix of different fruits and nuts and you'll have a good range of different energies to keep you going.

Isotonic drinks - Like Lucozade will help to replace any lost essential minerals lost but be careful as they have a high sugar content.



Dinner Ideas

Dinner is all about replacing the energy lost during the day and ensuring you stay warm and comfortable during the day. Dinner is a great time to reflect on your day with your team and build moral for the next day so make your dinners fun.

Red Kidney Bean Curry and Mash – You can prep the curry at home and bring it in a secure airtight container. Simply put the curry in a pan and cook. Get a packet of smash and add water and stir.

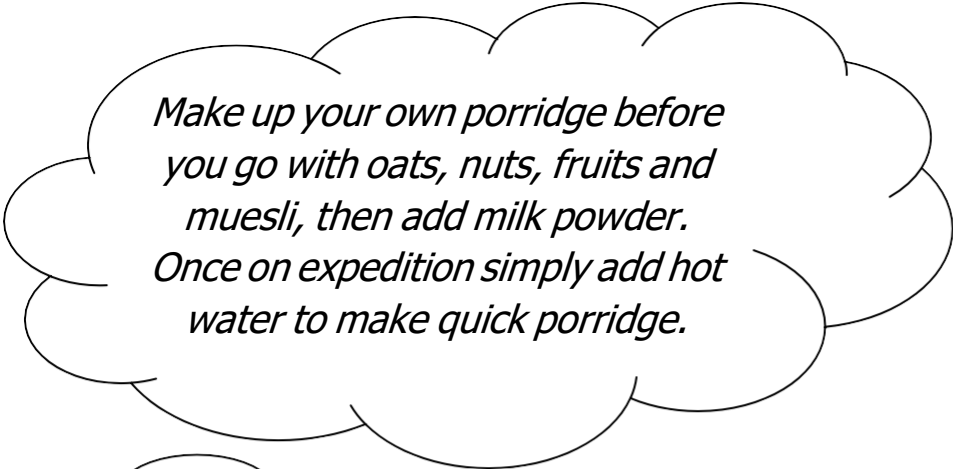
Cous Cous – Just add boiling water and wait. Tend to be quite low in calories so make sure this isn't all you eat.

Mexican Rice and Chicken – Using some ready to eat chicken (keep in its airtight packet until you start cooking) and some just add water rice mix the two together for a continental meal

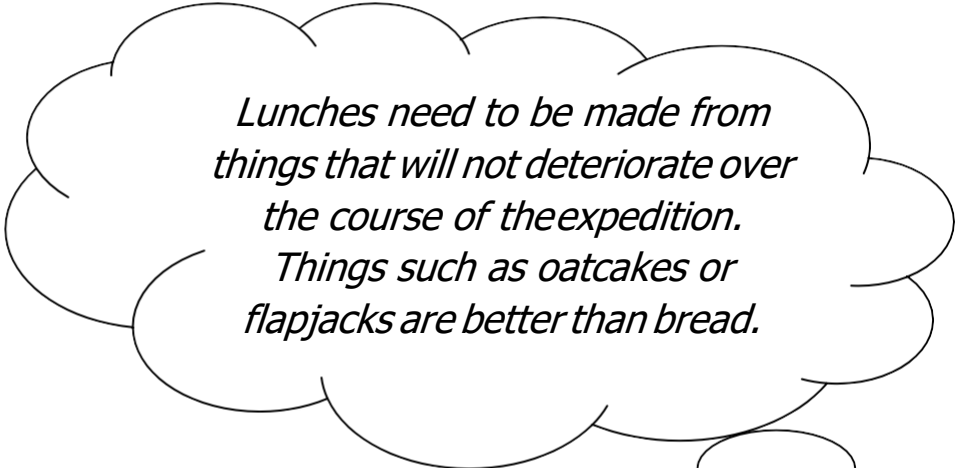
Vegetarian Pesto Cheese Pasta – A bag of finely chopped vegetables that keep at room temperature, a bag of pasta and some grated cheese makes a great meal. Add a few of your own spices for a bit of a kick and make sure you don't bring the glass jar that the pesto comes in – put a little in a plastic pot to save weight.

Cake Bars and Custard – just make the custard (Just add water powdered custard is lighter than just heat custard) and pour over a cake bar.

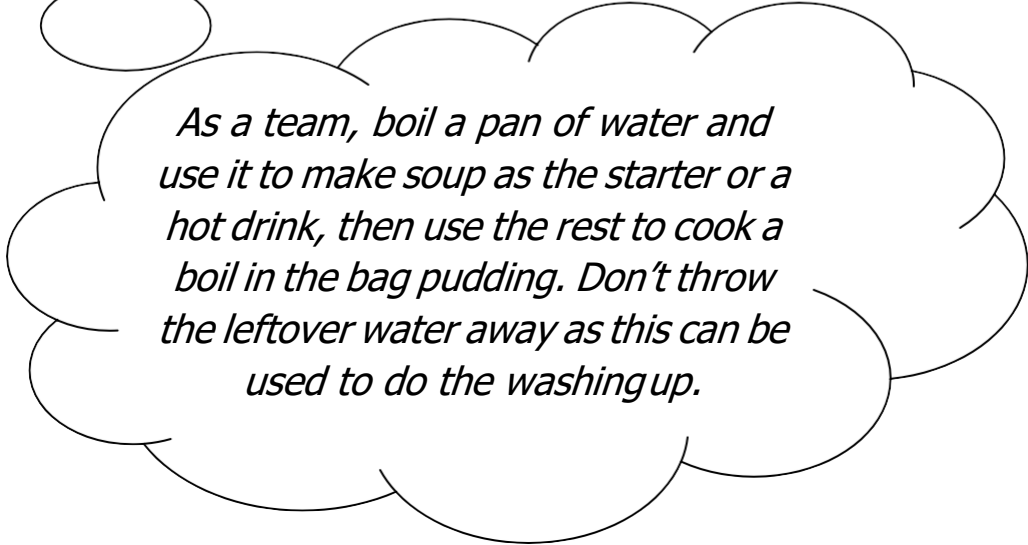
Angel Delight – Comes in a packet, you add water and stir.



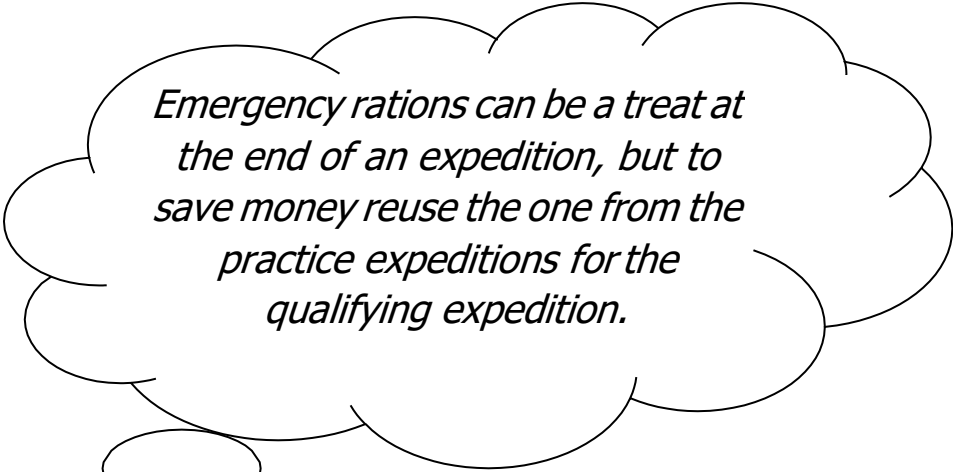
Make up your own porridge before you go with oats, nuts, fruits and muesli, then add milk powder. Once on expedition simply add hot water to make quick porridge.



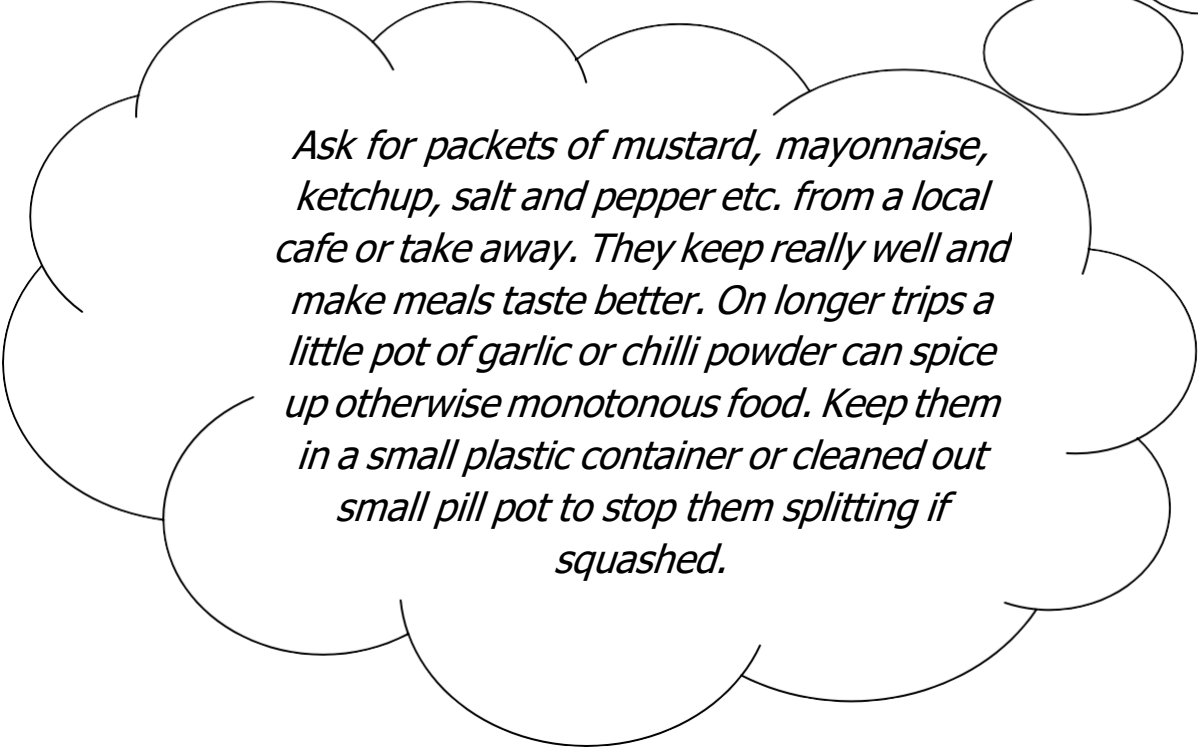
Lunches need to be made from things that will not deteriorate over the course of the expedition. Things such as oatcakes or flapjacks are better than bread.



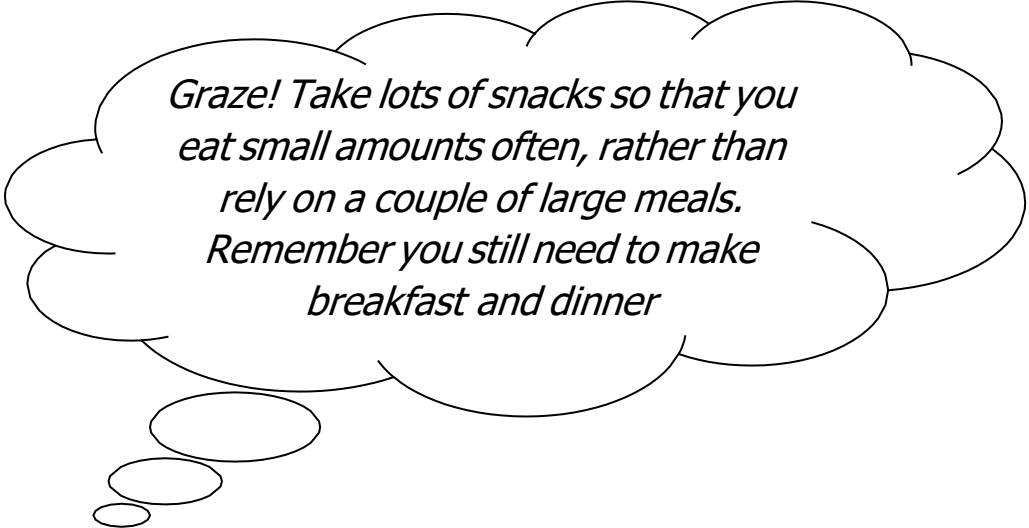
As a team, boil a pan of water and use it to make soup as the starter or a hot drink, then use the rest to cook a boil in the bag pudding. Don't throw the leftover water away as this can be used to do the washing up.



Emergency rations can be a treat at the end of an expedition, but to save money reuse the one from the practice expeditions for the qualifying expedition.



Ask for packets of mustard, mayonnaise, ketchup, salt and pepper etc. from a local cafe or take away. They keep really well and make meals taste better. On longer trips a little pot of garlic or chilli powder can spice up otherwise monotonous food. Keep them in a small plastic container or cleaned out small pill pot to stop them splitting if squashed.



Graze! Take lots of snacks so that you eat small amounts often, rather than rely on a couple of large meals. Remember you still need to make breakfast and dinner

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Modified by Ollie Milverton for CEC in April 2019