



Expedition Food

You will need extra calories when you are walking all day. Aim for at least 2,000 -3,000 calories per day Make sure you have easy to eat snacks for while you are walking.

Do not bring any food which needs to be refrigerated or is in tins or glass jars or needs to be cooked in oil. You should have a hot drink at breakfast and dinner time.

Breakfasts

- Porridge, just add water variety or mix 50g oats, 50g powdered milk and 15g sugar in a small sandwich or freezer bag. Add 350ml water and stir until everything goes thick.
- Dried fruit to add to porridge
- Hot chocolate
- Beans (in plastic pots)
- Cup a soup
- Cereal bars
- Hard boiled eggs (will keep for about 24 hours, no longer)
- Oat bars or cereal bars
- Dehydrated breakfasts (£££s)

Lunches

- Pitta bread, bagels, oat cakes, naan bread, fajitas, wraps, rice cakes
- Dried meats like pepperami, chorizo, beek jerky etc are all great sources of protein and fat
- Small tins or sachets of sardines, mackerel, tuna
- Squeezy cheese or cheese portions which are individually wrapped (will go sweaty after a while)
- Peanut butter or nutella (not in a glass jar)

Snacks

- Cereal or muesli bars
- Jelly babies or other high energy sweets
- Dried fruit & nuts (check for allergies)

Dinners

- Packet soup
- Quick cook pasta (5-7 mins) or cous-cous
- Noodles
- Pre-cooked rice (you can pre-cook yourself or buy it pre-cooked)
- Instant mash
- Tuna in plastic sachets to heat up
- Beanfeast
- Salami or chorizo
- Smoked sausage
- Cooked lentils or chickpeas
- Instant custard sachets
- Chocolate pudding sachets
- Angel delight
- Cake or malt loaf
- Dehydrated meals and puddings (£££s)