



## Food for expedition

### What are the practicalities of your food on expedition?

- How much does it weigh?
- Can you cook it on your stoves?
- Do you or your team have any dietary requirements?
- Does your food require anything to add to it such as milk?
- How long will your food last?
- Do you have enough?
- Are you taking too much?

### Does your food provide enough of the right energy on expedition?

- Age, sex and weight all affect the amount of energy that a person consumes on expedition in a day but on average it is advised that males take on at least 2500 calories a day and females around 2000.
- The physical exertion of an expedition needs to be taken into account. It is important that the energy taken on reflects the nature of the task in hand. As the energy you require will be needed throughout the day it is better if it is released slowly.
- Slow releasing complex carbohydrates are better so foods like pasta are more suited for trekking days.

### Is your food what you like to eat?

- There is no point in taking food that you would never use!! It's just extra weight.
- Only you know what you like so consider weight, perishability and energy but make sure you will eat it!
- One of the single most important factors on the team's moral is the food you eat. Gone are the days of eating semi cooked pasta with a thin film of cheap sauce covering it! If your team have just spent the last 7 hours trekking to the next camp the last thing they want is a drab, uninteresting meal so make your grub fun!!

## Some tips

- Spaghetti is the best pasta to buy as it takes up less room than any other type of pasta.
- Tortilla wraps or pitta breads last much longer than loafs of bread when carried in a rucksack.
- Whilst pot noodles are convenient they take up a lot of room and don't contain much in the way of energy or nutrition.
- Always read the labels!
- Pasta & rice dishes are ideal.
- Instant porridge or small cereal packets are an ideal breakfast option.
- Eggs are extremely difficult to carry without breaking and are not easily cooked on the camping stoves.
- Coffee / hot chocolate & soup sachets are excellent for providing warmth – and take up very little space..
- Tortilla wraps or pitta breads are easier to carry than bread for packed lunches.
- If participants require milk for cooking etc. we recommend that dried milk be carried.
- If you want to take meat its best to take dried cured – pepperami etc
- Dried fruit is good for energy and can spice up meals
- Cheese spreads in tubes can last without being chilled.
- Snacks of choice can be carried to raise moral chocolate/ sweets / nuts etc. But should not be used as meal replacements!
- We do not recommend fizzy / energy drinks as these DO NOT help to keep participants hydrated and take up lots of room