

Expedition Food Ideas

DofE food ideas: breakfast

Breakfast is an important meal of the day and will give you the kick start you need to get going on a slow morning in camp. Here are a few ideas for breakfast. If you are used to having a tea or coffee each morning, take one with you for the expedition.

- Porridge

A solid favourite and for good reason – it's light and quick to cook and can fill you up with a solid warm meal. Make your own porridge mix in advance with oats and fruits that you like. You can also add milk powder. Then you just need to add water on the expedition and you've got a creamy porridge!

Some sachets already come with flavourings and you just add water like [this one](#).

- Muesli or Granola

An easy breakfast option that doesn't involve any cooking. Increase the energy and calories of your meal by adding dried fruit and nuts. You can also add in milk powder so all you need to do is add water for a milky cereal breakfast.

- Veggie sausages and pitta bread

Pitta is a good alternative to bread as it lasts longer and doesn't break so easily. You could cook up some vegetarian sausages to put in your pitta for a filling breakfast. For your first day, you could also boil an egg in advance and have that instead of the vegetarian sausages.

DofE food ideas: Lunch

For lunch, you won't want to take a long break so make sure your meals don't require much preparation. It's also best not to have anything too large or heavy that might make you sluggish in the afternoons.

Here are some DofE food suggestions for lunch.

- Pitta bread and wraps

Choose pitta or wraps instead of regular bread. For fillings, you could use marmite, Squeezy chocolate spread/jam, [Lotus Biscuit Spread](#) (usually the squeeze containers are much lighter than a jar!), honey, avocado or non-refrigeration cheeses and meats like baby bells, [cheese strings](#) or cheese squares with sliced pepperoni sausage. There are also vegetarian substitutes for pepperoni ([like these ones](#)) check out the meat free options in your supermarket.

- Cold Pizza

A good choice for the first day on an expedition...it won't last more than a day without refrigeration!

- Sandwiches

Great option for day 1 but remember if it's a warm day it is not a good idea to have meat in your sandwiches. Bread beyond your first day is likely to turn to crumbs being squashed in your rucksacks.

DofE food ideas: Dinner

The end of your day is your chance to rest and stock up with food and energy so make sure you plan a big dinner with lots of calories. It's also important to use the evening as an opportunity to drink lots of water as you will likely be dehydrated from a long day hiking.

Try some of these dinner ideas for your Duke of Edinburgh expedition.

- Expedition packs

When thinking of DofE food ideas, expedition packs is probably what most people think of...and for good reason!

I would really recommend bringing some expedition packs for your meals. They are easy to cook and provide a high-calorie meal at very little weight.

There are 2 types of expedition foods available, the first is the ready to eat, such as the 'Wayfayer'. These can be more flavoursome but are heavy if you are carrying them for 4 days. The alternation is the freeze-dried meals, these require boiling water to rehydrate. They are much light and take us less space when packing your rucksack. For a 4-day expedition we would recommend a combination of ready to eat and Freeze dried. But if you are trying to keep your rucsack weight to a minimum just stay with freeze dried, they both provide the same amount of nutrition.

Check out these brands who offer expedition food packs:

- [Wayfayer – Ready to eat](#)
- [Firepot meals – Freeze Dried](#)
- [Adventure Foods – Freeze Dried](#)
- [Summit to eat – Freeze Dried](#)

- Desert

Pack yourself a dessert to enjoy after your evening meal. All the expedition food pack often a puddings as an easy option. Or you could bring flapjack (homemade or shop brought) and add some powdered custard.

Snacks for your DofE expedition

In between meals you want to be snacking regularly. Ideally, these will be high energy snacks that you can keep in your pocket and eat easily as you go as you may not always have time to sit down and prepare food.

Here are some ideas for DofE snacks:

- Flapjacks

Make flapjacks at home or buy them ready from the shops. They work as a great snack as they don't break easily and can withstand being squashed in a bag.

- Cereal bars

There are lots of cereal bars on the market so choose the flavours that you will enjoy the most.

- Dried fruit

A really fantastic healthy snack choice for any expedition.

- Mint cake

A classic expedition snack...I hate the stuff but a lot of people love it. [Kendal Mint Cake](#) is a classic choice for adventurers!

These are a great option for refueling and ensuring you have enough electrolytes – especially important on a hot day. [Cliff energy](#) products are great.

- Sweets

Not very nutritious but great for a morale boost for you and your team!

Food that you will want to avoid include:

- Anything in glass
- Tinned foods
- Foods that require refrigeration (like fresh meats, milk or cheese)
- Eggs that are easily broken
- Pot noodles in a plastic pot as these take up a lot of space for little energy
- Crisps break easily – if you want to take crisps then Hula Hoops are your best bet as they are harder to break
- Fizzy or sugary drinks that will dehydrate you
- Lots of chocolate that will easily melt in the heat
- Nuts as other team member might have an **allergic** reaction

Thanks Simon & Steve

High Tracks Adventure Learning