



Kit Required – D of E Expedition Training Days

The following items are to be provided by all candidates.
Waterproof Jacket and Trousers. *
3 season walking boots.
Water bottle (at least 1 litre)
Warm walking socks x 2
A fleece top / appropriate warm clothing for exposure
Warm woolly / fleece hat & gloves
Extra chocolate / rations / sweets
Food for lunch exercises- Ingredients for camp food / meals (lightweight and nutritious) – see attached menu ideas. Students will be asked to prepare their meals for the training day

Items marked * are available to borrow from school stock if not already owned

D of E Food Advice

Choosing the right amount and right kind of food will make a huge difference to how successful and enjoyable your D of E expedition will be. These ideas have been used and proven over many numbers of years of experience on expeditions all over the world.

Personal preference

Choosing foods you like makes all the difference on your expedition because it will really improve your mood if you eat something you like and make you depressed and ready to give up if you are trying to eat something you hate. However many people, especially at bronze, choose things just because they like them without considering the things below and end up with something that's really heavy, goes bad, doesn't fill them up or that won't cook properly.

Calories

You need to be aiming to eat at least 2,000 calories per day if not 3,000. This is a lot of food however and I haven't seen many DofE participants eat 3,000 calories a day. On packaging calories are written as kcal / 100g which means how many thousands of calories there are per 100g. However in normal everyday life when we say 1 calorie we mean 1,000 calories or 1kcal.

Balance of food groups

The food groups are fat, protein and carbohydrate (including sugar).

Fat has the highest energy/calorie value per 100g of any food type but you can't survive purely on fat and it doesn't taste that great on its own (would you eat just butter?). Includes cheese, nuts and meat.

Proteins have a similar number of calories per 100g to carbohydrates but half as many as fat. Some people seem to need more protein than others: if an egg or piece of cheese fills you up more than a bowl of cereal then you are probably one of these people and should take more protein with you.

Carbohydrates are normally the main body of any meal. They give the fastest energy release. Includes rice, pasta, potatoes and bread.

Menu planning

Here are our suggestions for good things to include in your meals. Then I have included a list of things to avoid because they can cause specific problems when camping.

Breakfast

<u>Food type</u>	<u>Suggestions</u>
Porridge oats	Must be instant, not whole oats. Mix 50g oats, 50g powdered milk and 15g sugar in a small sandwich or freezer bag. Add 350ml water and cook whilst stirring until everything goes thick. You could also use an preprepard sachet of instant oats like Oat So Simple but these do not contain powdered milk.
Cereal	Choose the highest calorie per 100g cereal you can find (as long as you like it). Most cereals are around 340 - 380 calories per 100g but Crunchy Nut Cornflakes are over 400 and crunchy muesli type cereals (anything with 'cluster's in the name) are around 480 calories per 100g! Mix 50g cereal and 50g powdered milk in a sealable bag. To eat empty into a bowl and then pour cold water over and stir.
Beans	Not very high in calories and the tins weigh quite a bit but if a hot plate of beans makes you feel better in the morning then give it a go. You can buy bean meals in disposable bags to save on weight.
Cereal bars	Not very satisfying but some people like to get away early in the morning without doing any cooking or washing up so cereal bars might do at a pinch. Get the highest calories per 100g.
Soup	Instant soup sachets with pitta bread to dunk.
Hot chocolate	Not on its own but with some food as well hot chocolate can add some extra calories and warm you up nicely on a cold morning.

- Frankfurters** Sausages which are smoked or cooked or dried already and which have not been taken out of their packets should be fine but if they are supposed to be kept in a fridge eat them the first day.
- Hard boiled eggs** If you make yourself some hard boiled eggs before leaving home they should be ok for at least 24hrs but don't keep them too hot for too long and try not to get them squashed...

Lunch

Think of lunch in two parts: carbohydrate and fat/protein. You need something bready or starchy and something tasty with protein.

Carbohydrates

Bready things: pitta bread, oat cakes, naan bread, fajitas Can be warmed up on top of a pan lid whilst you cook something else underneath and can't get squashed as they already flat (actually oat cakes will get a bit squashed but that's ok)

Rice, pasta, mash, noodles If you want a hot lunch treat read the dinner section below for suggestions

Protein

Meat Dried meats like pepperami, chorizo, beef jerky etc. are all great sources of protein and fat. Anything out of the fridge section of the supermarket is a bad idea as it could go bad and give you food poisoning. The only exception might be frankfurters if you eat them soon on your expedition as they are salty and pasteurised to kill any bacteria. Once open they are not safe however so eat them all!

Fish Tins of sardines, mackerel, tuna in sauce, oil or brine. Yummy and nutritious and can be eaten straight out of the tin saving on washing up.

Cheese Most cheese will go sweaty and gross in your rucksack. Stick to things which are individually wrapped like babybel, dairy lea or cheese in a tube (Primula on biscuits - are you sure you don't want to go there?).

Dinner, supper, tea, whatever you want to call it...

Again choose a carbohydrate and a protein and go for the highest calories and the shortest cooking times.

Carbohydrates

Risotto My other favourite carb along with instant mash. Get sachets of risotto which are already cooked with various flavours in like Uncle Ben's Risotto. You can even boil the sachet in water without opening it then eat it out of the sachet when hot. Just pour two or three dessert spoons of boiling water into the sachet after opening and give it a stir. No washing up! Yeah!

Rice Never bring normal rice as everything takes twice as long to cook on a camping stove as on a stove at home and rice already takes 20mins so thats 40mins.... nightmare. 10min boil in the bag rice is OK but the best kind is the pre-cooked type in a sachet such as Tilda Steamed Rice or Uncle Ben's Express. Also see instant risotto in the dinner section below.

Pasta and noodles Just like rice never bring any kind of pasta which takes 10 or more minutes to cook normally. Only use quick cook types or instant meal types (like Pasta n'Sauce). Noodles tend to be faster than pasta and some pre-cooked types are virtually instant- you just stir them around in a little boiling water to heat them and eat.

Instant mash potato One of my favourite camping foods. Incredibly easy to cook, hardly uses any water so takes seconds to boil enough and is warm and filling.

Couscous Easy peasy to make- get the precooked one, it should say something like: 'leave for 3mins' not: 'leave for 10mins'. Measure how much couscous you are going to use (50g per person) and add the same volume of boiling water. About half a mug of each per person. Then just wait a few minutes.

Protein

Tuna sachets You can now get cooked tuna steaks in sauce or oil in a plastic sachet. You can heat them up by boiling the unopened sachet in water. 116 kcal/100g

Beanfeast A vegetarian dried chili con carne like stuff which you add water to and heat up. 315 kcal/100g

Salami	Dried sausage like salami or chorizo can be sliced and thrown into past, risotto or eaten on its own. It has a very high protein and calorie content. 407 kcal/100g.
Smoked Sausage	Matteson's Smoked Pork Sausage is salty enough and has been smoked enough to preserve it and so as long as you don't open the packet it will keep in your bag for the duration of your expedition. 310kcal/100g
Cheese	Some cheeses will go slimy in your bag, especially on a hot day. There are a few which will be fine- camembert, brie, babybel and feta. Camembert and brie will go very soft and runny but that's how you're supposed to eat them anyway... About 290-320 kcal/100g.
Sauces	Add a sauce if you like. Buy sauces in sachets instead of glass jars and try to get ones in single serving sizes so you don't have to reseal the packet. Most sauces are under 100 kcal/100g but satay sauce is nearly 200 kcal/100g because it contains peanuts and black bean sauce 136 kcal/100g.

Snacks

Snacks are very important if you want to increase your calorie count from around 1,500 to over 2,000. Snacks tend to have very high calories per 100g. Conversely this is why you should avoid snacks if you are on a diet! Remember you are not on a diet when on your DofE, even if you do want to lose weight, don't try to do so on your expedition!

Snacks

Nuts and trail mix	Nuts are very high in fat and therefore very high in calories. You can mix them with dried fruits to make 'trail mix'. You can put whatever you want in your trail mix and put it in a resealable plastic bag. You can have it in your pocket ready for your hand to dip in whenever you feel a drop in energy.
Super Trail Mix	When people do a serious expedition to the South Pole or something they do not eat breakfast or lunch and instead just make a big bag or special trail mix which they keep eating all day. It contains broken up pieces of high calorie chocolate bars, flapjacks, chunks of cheese, salami and nuts. You could try making your own one or if the idea of eating salami and chocolate at the same time puts you off try making a savoury and sweet one separately.
Chocolate	Although on hot days chocolate might melt a little its got masses of calories in a small compact size, doesn't go off and almost everyone likes it. The highest calorie bars are Kit Kat Chunky, Mars Bar, Snickers, Cadbury's Dairy Milk. Basically anything 'chunky'.
Sweets	Traditional hard boiled sweets are great as they contain plenty of calories and you can suck them as you walk. Starburst etc. are also good ideas. Take 'em if you like 'em.
Peanuts	Either in your trail mix or on their own peanuts contain loads of calories and don't go off. Check that no-one in your team has a peanut allergy though as its one of the worst allergies!
Pepperami	Yum yum. Don't get anything sausage like which is supposed to be kept in the fridge though.

Drinks

Generally speaking you will run out of any drink you are carrying at the end of the first day and need to refill. As you can't buy anything on your expedition it's going to be water you're drinking. If you do take any drinks for your first day don't bring anything with caffeine in as it is a diuretic (makes you wee) and so you will become dehydrated.

The only other drink worth bringing is hot chocolate. It weighs hardly anything and gives you a sugar and calorie boost and makes you feel better either in the evening before bed or in the morning to wake you up. Get the single serving hot chocolate sachets. Make sure it's not Cadbury's Options or Highlights as these are low-fat and low calorie versions. Yuck.

The Bad List

A list of foods which are not very suitable to take on a DofE Expedition.

We will 'strongly' advise you not to try anything from the list below.

- Bacon** Personally I don't recommend bacon as it causes a mess of your cooking pan, you won't have oil to fry it in so it will stick and you have to use it all in one go or it will go rancid. Some people just ignore all my advice though...
- Sausages** Fresh ones are a no-no as they will go off and you could get nasty food poisoning.
- Eggs** You *could* take raw eggs in a tupperware dish and then try to fry them but where would you get the oil from? Anyway, food poisoning in a field is no laughing matter
- Mushrooms, tomatoes etc.** Fresh stuff will not last, could get squashed and contains nowhere near enough calories to get you going. Tinned things weigh too much and don't contain enough calories to make up for this.
- Fresh fruit** Fine for your first day but don't bring more than you need for day one or it will get bruised and go nasty in your rucksack.
- Crisps** Although they are high in calories they are bulky due to needing to have air added to the package to stop them getting crushed so they take up way too much room in your rucksack. A bag of Walker's crisps has the same calories per 100g as a chocolate bar but takes up twice as much room at least and contains fewer grams.
- Pot noodle** Very bulky as the packaging contains lots of space inside for the water. Not very high in calories or indeed much of anything else either. Just don't waste your time or money...

Expedition top tips – Try to see how many you use on the training days and after.

- 1. Try to get into a team where everybody will get on. Make sure you have at least one person in your group who you know you will be able to talk to when you want to**
- 2. Take everything on your checklist with you. If your teacher hasn't given you a checklist, ask for one. It should include clothes, waterproof clothing, a rucksack, a roll mat and sleeping bag, a First Aid kit, some personal belongings, safety equipment, and food. Don't take anything you don't need, and that includes makeup, books. I recommend taking an audio book on a simple MP3 player- it keeps you going and can be relaxing.**
- 3. Food such as pasta and noodles are good to take with you - be prepared to have pasta at every meal! It may seem like a good idea to bring sweets but they will put you on an instant sugar high and then on a sugar low within a short period of time leaving you more sluggish than before.**
- 4. 'Break in' your walking boots first by wearing them around the house for a while, or use an old pair. Get used to the weight of your rucksack before you go. If you're unfit, the time to start exercising is 6-12 weeks before you go, not two days before the expedition.**
- 5. Bringing a 'bum-bag' with you can be very helpful - you can carry blister plasters and a top-up water bottle in it without having to stop to get the bigger ones out of your rucksack.**
- 6. Wear non-jean type trousers with lots of pockets where you can put useful pieces of kit such as a compass, pocket tool/knife, sweets etc. Walking trousers tend to be the best as they are adaptable and dry quickly. However cargo trousers, tracksuit bottoms or even leggings are acceptable. If you will be walking in long grass, woodland or near nettles shorts are not a good idea.**
- 7. If one member is lagging behind, be sympathetic, help them; perhaps spread some of the weight in their bag around the rest of you. It won't help anyone if you ignore them or get cross. If one person fails the whole team will fail for not helping each other. The expeditions are all about teamwork - stick together and make sure you're all working for each other. Don't whine and moan about it, no matter how much you might hate it- grow a spine!**
- 8. Take bin bags and a selection of smaller plastic bags with you - they're useful for everything - and a pocket tool .**
- 9. Stick together and help each other - if your expedition leader finds out that your group has split up at any point, you automatically fail.**
- 10. Don't break the rules of your leaders or your campsite. Follow the Countryside Code – You are representing yourself, you family your school and the D of E.**
- 11. If it's going to be cold, make sure you have PLENTY of clothes to sleep in. Layers are better than massive hoodies; thermal base layers are great. Wear a warm hat, gloves etc.**
- 12. It is important to keep up everyone's morale; sing songs and have treats as rewards at checkpoints.**