

## 4. Food

You need to plan and buy all your food before the trip. You are not allowed to go shopping during the hike so you must carry all of it.

On the hike you will use up more energy than normal and need to eat and drink plenty. You must **cook** at least one substantial meal per day (pot noodles are not substantial!). Do not forget your **WATER** intake as well. A full water bottle is required at the start of every hike.



Figure 1: Cooking well outdoors is a skill.

Food can be heavy so look for food that is lightweight and low in bulk. But food should also be tasty and nutritious. There's no point carrying food you'll not want to eat or that isn't going to provide what your body needs.

### **Filling the Energy Gap: some menu ideas:**

#### **Breakfast**

Select from these carbohydrate choices at breakfast to fill up your glycogen stores: porridge, Weetabix, Shredded Wheat, cornflakes, grapes, Fruit and Fibre, muesli with extra raisins/apricots and chopped banana. Fruit. Hot drink.

#### **Lunch & Snacks**

Eat sweets and chocolate sensibly. The sugar will temporarily revive you but it is better to take a mixture of sugary nibbles (dried fruit: raisins, dried apricots, figs, fruit cake, maltloaf). A lot of crisps are not advisable.

Make your  
own trailmix;  
it's better  
than  
chocolate!



Pitta bread lasts longer than bread and you can add favourite fillings: Marmite and cheese, or Tahini, ham and mustard, tinned sardines, tuna and tomato.

Bananas, nature's own energy bars, are useful but they easily get squashed.

Energy bars are a good alternative. They contain a mixture of complex carbohydrates in the form of oats and cereals and natural sugars from the fruit, such as apricots, which together provide a sustained energy source.

### **Dinner**

At the end of the day you need to replace your carbohydrate stores. Platefuls of pasta, rice or potatoes with meat or vegetable sauce are ideal and easy to prepare.

Special dried meals or boil in the bag meals can also be bought from Millets or similar camping shops. Batchelors Beanfeasts are similarly useful.



**Figure 2: boil in the bag meals are easy**

Cakes, biscuits and chocolate for pud! Sugar is pure carbohydrate and can be added to tea.

## Cooking

Most camp cooking involves bringing water to boil, adding the food and simmering it on a stove. You will be shown how to use a Trangia stove safely.

When buying food check packets for cooking time and instructions. Meals that can be quickly cooked in a pot of boiling water are best.

Hygiene and food safety is important on expeditions. Avoid tummy upsets by washing your hands and cleaning utensils before and after cooking.

## Planning Meals

You should plan every meal and know what you'll eat every day. For Gold hikes you will need to present *menus* to the assessors.

For Bronze and Silver you are required simply to have enough food to cater for your group for the whole duration of the hike. This will be checked.



Figure 3: Trangia stoves have two pots and a lid for frying

## Calories

You need around 2,000 – 2,500 calories a day for everyday activities. Backpacking requires twice as much, i.e. you need to eat lots!

Knowing exactly how many calories your food contains isn't really necessary for a short expedition. A constant supply of calories is needed so it's best to eat frequently during the day rather than having one long lunch stop.

Do *not* cook food on your lunch stop.

**A menu example for one day:**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Muesli	Trail Mix	Packet soup
Dried milk	apple	Boil in the bag meal
Sugar	Flapjack bars	
Tea / coffee	Oat crackers	Cheese
	cheese on pitta bread	Fruit / custard
Drinks: tea, coffee, hot chocolate		



**Figure 4 Boil-in-the-bag meals are easy to cook, you eat from the bag and there's no washing up!**

*A useful website: [www.be-well.co.uk](http://www.be-well.co.uk) buy Pack 'n Go expedition food or similar from Millets or Blacks or Cotswold.*

*Demonstration on how to set up a Trangia stove: repeat and practice.*