



## X Adventure Activities Ltd

Food and Nutrition

All levels of Expeditions

Consideration must be given to the intake of food and water, before and during an expedition. For some the experience of cooking on a small gas stove is a new one and the understanding of what can and can't be cooked is fairly minimal. We hope that the following information may help with knowing what to bring and importantly what not to bring.

### **Participants should design an expedition menu of food which considers the following:**

- The key task is to pack as much energy (or calories) into the least weight and volume as possible. Depending on the distance walked and the participant, three, four or even five thousand calories may be needed each day. So you may need to choose foods high in sugars, carbohydrates and fats.
- You **must** eat regularly for energy and warmth. What you actually eat is down to personal preference but a sensible diet should be followed as much as possible. Ideally your choice of food should: Have a high energy content, be light and easy to carry (e.g. packet soup instead of tinned), quick and easy to prepare (so as to not use up too much fuel).

### **What should you consider when choosing what food to bring?**

- How much energy will the food give me?
- How easy will it be to cook?
- How long will it take to cook; you may want food quickly after a long day walking. Food that that's a long time to cook also uses more fuel (gas)?
- Will you be able to cook it on the stoves we provide?
- How easy will the pan be to wash up afterwards?
- How bulky and heavy is the food to carry, will it take up lots of room in your rucksack?
- Will the food get squashed in the rucksack?
- Will it go off, or will it make you unwell if not cooked properly (for example don't bring uncooked sausages or any uncooked meat). You could however bring pepperami or dried / smoked preserved meat as an alternative.
- Do you like it and have you tried the food before. If you don't like the food and don't eat it you won't be able to complete a full day's walking.

### **What sort of food to bring?**

Here are some ideas of food which are high in energy and light to carry.

#### **Breakfast:**

You will hopefully be well rested, warm and dry at breakfast time so take the opportunity to make a substantial breakfast e.g. cereals such as porridge or muesli with sugar and dried milk mixed with a little boiling water, the ingredients can be all measured and prepared into a zip lock bag for each day.

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You could also cereal bars, dried fruit, wayfarer meals, noodles or even warmed potato scones or pancakes (heated on the frying pan of your stove). Tea, coffee or hot chocolate are also great for warming up in the morning.

### **Food on the move**

During the day make sure you have some of the following examples for lunch: crackers, wraps, pitta bread with primula squeezy cheese or cheese triangles, tuna lunches (pre-made from most supermarkets), oak cakes, mini cheeses. You will also need snacks like chocolate, dried fruit, cakes, flapjacks, cereal bars, sweets, nuts or seeds to keep you going. If your group stops for any length of time you may also be able to make yourself a hot drink (use sachets of hot chocolate, tea or coffee or a cuppa soup).

### **Main Meal**

This meal should be hot and substantial. Pasta, rice or noodle based meals will provide you with an easy to cook, energy rich meal. 'Boil in the bag' meals are easy and convenient (make sure you give your meal the full cooking time). If you boil a pan of water and use a cupful of it to make soup or a hot drink then you can use the rest to cook your boil in the bag meal. Don't throw the rest of the water away as this can be used to do the washing up!

You could also use smash potatoes, couscous, egg noodles, soup, stews, curry or pasta and sauce. There are many options at supermarkets now a days, you just need something that cooks quickly and easily but either just adding water or adding to a pot. Please try your meals out at home to make sure you know how to cook them and that you will actually eat them.

### **Other important information**

#### **How will I cook the food?**

You will be provided with a shared Trangia stove; this will be one stove between 3 people. This will allow you to boil food in a pot, boil water and heat up 'boil in the bag' foods. There isn't an oven, and frying is very limited and should be avoided due to cleaning the stove after use. There are also only two pots per stove.

#### **How will I wash up?**

Depending on the location of the expedition you will either be able to wash up in a stream or at a tap if you are based on a official campsite. There usually isn't hot water, but you can wash pots by warming water on the stove. However it is worth bringing a scouring pad to help with washing up and if you are able to bring food that doesn't or won't burn to the bottom of the pot, even better.

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### **What will I do with my rubbish?**

You will need to carry all your rubbish with you for the duration of your expedition. Consider this when you are buying and packing your food. Tins are not a great idea as the bulk in the rucksack will not reduce much even once you've eaten the food. Remove any excess food packaging before you pack your rucksack, write ingredients or cooking instructions down if they are found on the packaging being discarded. Bring a bin bag or smaller bags to contain rubbish within your rucksack.

### **What should I eat before my expedition?**

You should make sure that you have a large meal the night before your expedition and a big breakfast. This should be high in carbohydrates, e.g. A large pasta meal. Make sure you also drink plenty of water the night before and in the morning.

### **How much will I need to drink?**

You should drink at least 2 litres of water each day. If you only have a 1 litre bottle; don't worry just drink plenty of water before you leave in the morning and when you get back to camp in the evening. You should always carry at least 1 litre of water with you when you are walking. There will be a water supply at the camps. Water is the best liquid to keep you hydrated and feeling good through the expedition. Please **DO NOT BRING FIZZY DRINKS.**

### **What not to bring?**

- Fizzy drinks
- No poultry
- No fish, unless they are canned or cured
- No meat or dairy that might go off

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