

## Gold DofE Qualifying Expedition Menu Planner



One of the 20 conditions of the DofE Expedition section is that ***participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.***

Getting your food right can really make a big difference to how much you enjoy your Expedition. Try to design a menu which packs in as much energy (calories) into the least weight and volume as possible.

### Friday

Evening Meal: Stop at services on route to Wales.

<b>Saturday - Day 1: Breakfast</b> <i>Ideas: cereal, porridge pots, scrambled eggs, hot drink (tea, coffee, hot chocolate)</i>
<b>Day 1: Lunch</b> <i>Ideas: cold pizza, sandwiches, crisps, hummus – pitta/carrots/pepper/cucumber</i>
<b>Day 1: Evening Meal (individual or shared cooked evening meal)</b> <i>Almost every team chooses to cook their substantial meal at the campsite. Soup, curry, stews, pasta (fresh pasta cooks more quickly than dried), bangers and smash or noodle stir-fry are all great expedition meals.</i>
<b>Day 1: Snacks</b> <i>Ideas: fresh fruit, cereal bars, hard boiled eggs, Babybel</i>

<b>Sunday - Day 2: Breakfast</b> <i>Ideas: cereal, porridge pots, scrambled eggs, hot drink (tea, coffee, hot chocolate)</i>
<b>Day 2: Lunch</b> <i>Ideas: wraps (peanut butter, pate), soup (warm at camp and bring in a flask), cous cous (cook at camp in the morning)</i>
<b>Day 2: Evening Meal (individual or shared cooked evening meal)</b>
<b>Day 2: Snacks</b> <i>Ideas: malt loaf, nuts, dried fruit, jelly sweets</i>

<b>Monday - Day 3: Breakfast</b> <i>Ideas: cereal, porridge pots, croissants, hot drink (tea, coffee, hot chocolate)</i>
<b>Day 3: Lunch</b> <i>Ideas: wraps (peanut butter, pate), soup (warm at camp and bring in a flask), cous cous (cook at camp in the morning)</i>
<b>Day 3: Evening Meal (individual or shared cooked evening meal)</b>
<b>Day 3: Snacks</b> <i>Ideas: malt loaf, nuts, dried fruit, jelly sweets</i>

**Tuesday - Day 4: Breakfast**

*Ideas: cereal, porridge pots, croissants, hot drink (tea, coffee, hot chocolate)*

**Day 4: Lunch**

*Ideas: wraps (peanut butter, pate), soup (warm at camp and bring in a flask), cous cous (cook at camp in the morning)*

**Day 4: Evening Meal**

At home! (McDonald's, Santa's, Chinese, Nan's roast dinner 😊)

**Day 4: Snacks**

*Ideas: malt loaf, nuts, dried fruit, jelly sweets*

**Drinks:** Please make sure you carry enough water for each day, 1-2 litres. You'll be able to re-fill your water bottles in camp each morning (except in the wild camp). Concentrated, compact squash makes staying hydrated taste much nicer!



Please do not bring any glass containers. Tins should also be avoided because of their weight. Remove any unnecessary packaging and use freezer bags or tupperware containers instead.

**Emergency rations (e.g. mint cake, nuts & raisins etc. sealed up)**

Some further suggestions can be found here: [DofE food - What to bring on a DofE expedition - Sam Sykes Ltd.](#)



**Camping Meal Planner**



Breakfast

Lunch

Snack

Dinner

Dessert

