



Gold DofE Practice 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: Chippy tea in Ambleside (provided by school)

Saturday - Day 1: Breakfast <i>Ideas: cereal, porridge pots, scrambled eggs, hot drink (tea, coffee, hot chocolate)</i>
Day 1: Lunch <i>Ideas: cold pizza, sandwiches, crisps, hummus – pitta/carrots/pepper/cucumber</i>
Day 1: Evening Meal (shared evening meal, prepared as a group) <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>
Day 1: Snacks <i>Ideas: fresh fruit, cereal bars, hard boiled eggs, Babybel</i>

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

Monday - Day 3: Breakfast <i>Ideas: cereal, porridge pots, croissants, hot drink (tea, coffee, hot chocolate)</i>
Day 3: Lunch <i>Ideas: wraps (peanut butter, pate), soup (warm at camp and bring in a flask), cous cous (cook at camp in the morning)</i>
Day 3: Evening Meal (shared evening meal, prepared as a group)
Day 3: Snacks <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: Snacks

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

Day 4: Evening Meal

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

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.](#)

