

Silver 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.

Saturday - Day 1: Breakfast
At home
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

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

Monday - Day 3: Breakfast

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

Day 3: Lunch

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

Day 3: Snacks

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

Day 3: 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. 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

The collage features a variety of food items suitable for camping. At the top left are nuts and raisins. Next to them are two hard-boiled eggs. In the center are a pack of ASDA 8 White Wraps, a packet of FUEL Squash + Life Peanut Butter, a tub of TONY'S WEST COOK LUNCH, a pack of ASDA SPINACH & RICOTTA Tortelloni, a packet of boil in the bag basmati rice by Sainsbury's, and a tin of chilli con carne by Sainsbury's. Below these are a pack of QUAKER OAT SO SIMPLE with Golden Syrup, a red apple, a tube of PATE, a pack of BUSHBERRY'S CUPa SOUP MINESTRONE with CHICKEN, a pack of ASDA SPINACH & RICOTTA Tortelloni, a pack of BUSHBERRY'S Golden Vegetable Savoury Rice, and a tin of chilli con carne. At the bottom left is a tray of granola bars and a croissant. The central graphic is a 'Camping Meal Planner' with five sections: Breakfast (a bowl of porridge with fruit), Lunch (a wrap in a container), Snack (nuts and an apple), Dinner (a bowl of soup), and Dessert (a plate of fried food). To the right of the planner are a pack of WALKER'S Savoury Quill, a pack of DOLMIO Salsa, and a bowl of chili con carne.