

Expedition training

Monday: training must attend or cannot take part (First aid , emergencies, route planning , team work, equipment check, campcraft food, cooking and tent) end 3

Tuesday Practise walk 5 hour walk with packs meet school 9am pick up location school end 3 ish

Wed Day 1 Briefing session 9 school walk to Crabbe, set up camp ,cook a meal pick up around 7

Thursday Day 2 . Drop off 9 at breakfast ,walk to school, debrief with assessor. When dismissed allowed to go home

20 conditions

the key points reduced down!

1. All team involved in the planning and preparation for the expedition. You must be able to say what your role was
2. You have to have an aim
3. Right age and familiar with the local rural landscape
4. Groups between 4-7
5. Behave respectfully to each other, the public and the countryside

6. Bronze: A minimum of 2 days, ~~1 night~~; 6 hours planned activity each day. (min 3 hours walking)

7. Everyone must complete the training

8. Own physical effort no help with bus/car

9. Unaccompanied and self sufficient (you cant go into shops!)

10. Appropriate expedition menu, including cooking and eating a substantial hot meal on each day.

11. Actively participate in a debrief with their Assessor at the end of the expedition.

Food

- You have to carry it so make it:
- Low weight- compact
- High calories-slow release
- Waterproof your food
- Package your meals

Day	Breakfast	Lunch	Supper	Snacks	Total Calories
1					
2					

Breakfast

Start the day with a substantial breakfast. This can include cereals, muesli, porridge, noodles or even expedition ready food such as All Day Breakfast.

Lunch

Picnic or larder style foods are the usual choice for lunch. Pitta bread, wraps or other ready to eat foods go well with other high energy items such as flapjacks, cereal bars and nuts.

Snacks

Mars bars, boiled sweets, jelly cubes or Kendal mint cake are ideal for an extra energy hit.

Day	Breakfast	Lunch	Supper	Snacks	Notes
1					Pack as much energy (calories) into the least weight and volume as possible. We suggest between 3,000-5,000 calories per day.
2					

FOOD THAT YOU WILL WANT TO AVOID INCLUDE:

- ☐ Anything in glass
- ☐ Tinned foods
- ☐ Foods that require refrigeration (like fresh meats, milk or cheese)
- ☐ Eggs that are easily broken
- ☐ Pot noodles in a plastic pot as these take up a lot of space for little energy
- ☐ Crisps break easily – if you want to take crisps then Hula Hoops are your best bet as they harder to break
- ☐ Fizzy or sugary drinks that will dehydrate you
- ☐ Lots of chocolate that will easily melt in the heat



DOFE FOOD IDEAS: DINNER

The end of your day is your chance to rest and stock up with food and energy so make sure you plan a big dinner with lots of calories. It's also important to use the evening as an opportunity to drink lots of water as you will likely be dehydrated from a long day hiking.



1: PASTA OR COUSCOUS A SAUCE

Pasta and couscous is so easy to cook, as all it needs is boiling water.

2: CURRY AND RICE

It's possible to buy curry in packets to be heated up in a pan when you are ready to eat. Add some quick-cook rice or nan bread and you've got a great substantial meal.

DOFE FOOD IDEAS: LUNCH

- For lunch, you won't want to take a long break so make sure your meals don't require much preparation. It's also best not to have anything too large or heavy or you'll be sluggish in the afternoons.

READY-TO-EAT MEALS WITH CRACKERS

- Head to the hot noodle section in the supermarket to find a selection of ready-to-eat meals like couscous or pasta. Some of them are ready to eat but most require a bit of hot water. You can bulk out the meal by breaking up crackers and mixing them into the meal.

SANDWICHES AND WRAPS

Choose pitta or wraps instead of regular bread. For fillings, you could use nut butter, Nutella, marmite, avocado or non-refrigeration cheeses like baby bells or meats like pepperoni sausage.



DOFE FOOD IDEAS: DINNER

3: DEHYDRATED EXPEDITION PACKS

When thinking of DofE food ideas, expedition packs is probably what most people think of...and for good reason!

I would really recommend brining some expedition packs for your meals. They are easy to cook and provide a high-calorie meal at very little weight.

4: FINALLY REMEMBER A DESERT: E.G. Flapjacks or pudding in a bag



Price and other details may vary based on size and colour

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Sponsored
Pack of Three Self Heating Field Ration Packs - Ready to Eat Meals Menu A, B & D
2.2 kg (Pack of 1)
★★★★☆ ~ 49
£33⁰⁰ (£33.00/count)
✓prime FREE delivery by Thursday, May 6



Sponsored
Real/DryTech Norwegian expedition foods, "chicken tikka masala", 511g, 577kcal / 133g (500g ready) emergency provisions
★★★★☆ ~ 2
£14⁹⁹
£4.95 delivery
Only 2 left in stock.



Amazon's Choice
EXPEDITION
FOODS expeditionfoods.com Food Chilli Con Carne with Rice (1000kcal) - Freeze Dried Meal, 1000 kcal
★★★★★ ~ 52
£7⁹⁹
✓prime FREE delivery by Saturday, May 1



EXPEDITION
FOODS expeditionfoods.com Food Spaghetti Carbonara (1000kcal) - Freeze Dried Meal
★★★★★ ~ 109
£7⁹⁹
✓prime FREE delivery by Saturday, May 1

SNACKS FOR YOUR DOFE EXPEDITION

- In between meals you want to be snacking regularly. Ideally, these will be high energy snacks that you can keep in your pocket and eat easily as you go as you may not always have time to sit down and prepare food.
- Here are some ideas for DofE snacks:
- DRIED FRUIT AND NUTS/TRAIL MIX
- SPORTS SWEETS AND GELS
- ENERGY BALLS



Plan your clothing and personal effects- key points

- Check the weather forecast
- Several pairs of thin socks
- Layers
- NO JEANS
- Plasters
- Wipes
- (dry clothes for evening)

- Emergency rations (sealed container of food unopened at the end)
- Matches in a plastic bag
- Sachets of sauces and salt? sugar?
- Dried milk ?
- Small Plastic bags
- Bin liner for rucksack

- <https://www.youtube.com/watch?v=jBDido6uX9k>
- How to pack your rucksack

Group :
Name:

Day	Breakfast	Lunch	Supper	Snacks	Total Calories
1					
2					