

**Expedition foods should:**  
 Be high energy, and as light as possible.  
 Be something everyone in the tent group likes.  
 Be one pot if possible, and cook quickly to save fuel.  
 Keep, so do not carry meat to use in 4 days time in the summer!  
 Avoid perishables such as chicken, ham, sausage rolls, fresh milk etc....  
 Beware of food which will melt e.g chocolate

### **Some suggestions for meals:**

<b>Breakfast (substantial meal, including hot element)</b> Hot chocolate/Horlicks sachets Oats-so-simple/ready brek/porridge (can buy in pots) Omelette/scrambled eggs (dried egg powder) Tea or coffee with dried milk / Cappuccino	Frankfurter sausages and beans/noodles Bean feast Boil in the bag breakfast Baked beans in a carton
<b>Lunch (quick and easy food to eat)</b> Marmite / Peanut butter / chocolate spread / tuna in sachet / tube of cheese in sandwiches (pitta is good) Crackers/ ryvita and mini cheeses / Hula hoops Nutrigrain Bars	Naan bread/pitta bread/rice cakes High bran brown bread (keeps fresher) Cup a Soup (hot water in flask) Tuna in a sachet (various)
<b>Evening Meal (two course substantial hot meal)</b> Beanfeast (various) Spaghetti/pasta and sundried tomato (various) Savoury rice and naan bread Frankfurter sausages (boil in the bag) Wayfarer Meals (quite expensive & heavy) Dehydrated Meals	Smash potato Boil in the bag rice (various) Pasta in sauce (various) Vesta meals <a href="http://beyondthebeatentrack.co.uk">http://beyondthebeatentrack.co.uk</a> do boil in the bag meals and 24 hour expedition packs with D of E discount!
<b>Desserts</b> Packet semolina Packet custard and jam swiss roll/bananas/trifle sponges/ Kipling/Fruit/Ginger cake	Packet crunch puddings (various) Hot pot puddings (various) Rice pudding in a carton Wayfarer puddings
<b>Daytime Snacks</b> Lucozade sachets / Squeeze and stir soup Nutrigrain/Cereal bars (various) Nuts and raisins (could be chocolate covered) Mini cakes or bars (various) Fruit cake slices (various, incl figs in cake) Tropical mix/dried fruit eg apple/banana	Bite size Mars bars Opal fruits Malt loaf/Hot X Buns/Flapjacks/Biscuits Dark/fitter chocolate + marzipan does not melt Kendal Mint Cake Fruit (apple/small orange) – bananas go black!
<b>Emergency Rations</b> Chocolate Raisins and Nuts Marzipan Dried Fruit	Cup-a-soup Toffees Jelly block Kendall mint cake <b>Sealed for emergency use only!</b>



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