

# Eating on a DofE expedition

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## Stove

Find a good cooking location for your stove. A firm level surface at ground level where the stove will not be knocked over is ideal. It must be at least two metres away from flammable items/tents.

**Trangia Gas Stove and Vango Folding Gas Stove**



## Fuel

All fuel should be kept away from matches. Different people should carry fuel, stove and matches.

**Trangia Fuel**



## Water

Set out each day with enough water for that day – this means carrying a minimum of two litres of water with you.

**Lifeventure Tritan Flask 1L**



## Cutlery

Don't use the same utensils or containers for raw and cooked food.

**Lifeventure Ellipse Knife, Fork and Spoon**



## Mug

Convert your drinking mug into a handy measuring cup by scratching a few lines in the right place on the outside.

**Lifeventure Ellipse Mug**



## Pots and pans

Clean and rinse after cooking, as pots and pans will be harder to clean if food is left to dry.

**Trangia 25-1 UL**



**Trangia 25-1UL Stove**

## Matches

Windproof matches are ideal if you need to get a fire going in wet or windy weather.

**Lifesystems Windproof Matches**



## Plate/bowl

Plastic, titanium or stainless steel camping gear are lightweight, won't break and easy to clean.

**Lifeventure Ellipse Plate and Bowl**



## Packing

Try and pack each meal together in a bag for each day, so it's easy to take out when needed.

**Lifeventure Dry Bags**



## Ready to eat food

Lightweight, high energy expedition food pouches are ideal for breakfast or a snack whilst travelling. They are nutritious, easy to carry and ready to eat hot or cold.

**Wayfayrer Expedition Food**



## Calories

Pack as much energy (calories) into the least weight and volume as possible. We suggest between 3,000-5,000 calories per day.

## Food

Take food that will keep for the duration of the expedition, even in hot weather. Dried, cured, smoked or vegetarian foods will usually last well.

## 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.

## Dinner

Soup, curry, stews, pasta or stir fry are all great options that are easy to cook on a camping stove.

More advice on eating on a DofE expedition, as well as the official DofE Expedition Kit List, can be found at [DofE.org/shopping](http://DofE.org/shopping)

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