



Duke of Edinburgh Adventurous Journey

Food Guide

 For all our overnight and multi-night expeditions participants will need to provide all their own food. 

Y Outdoors is 100% nut free, so we ask that participants do not bring any nut products on site or on their expeditions.

Y Outdoors will provide Trangia stoves and fuel for expeditions.

We encourage all participants to invest some time into researching the best food to bring on their DOE Expedition. Here are some quick tips to set you in the right direction:

DOE expeditions are exciting adventures that involve a lot of physical exertion and mental stamina. These expeditions require you to carry your own food for the duration of the trip, which can be anywhere from two days (Bronze Award) to several days (Silver and Gold Awards). As such, meal planning and preparation are essential for a successful and enjoyable DofE expedition.

Having food you like and enjoy can have a huge impact on your expedition experience, but finding the right food for you is not always intuitive as you are limited by the types of food you can bring. For example, avoid all canned goods, items packaged in glass, food that requires refrigeration or oversized packaging. They are bulky, heavy, and remember there are no rubbish bins, so all waste and packaging will need to be carried home again.

It is good to have a mix of fast and slow release energy foods, especially for your snacks. A protein bar will release energy over time, whereas a bag of dried mango or some chocolate will give you an instant energy boost. We recommend a hot meal for dinner, whether this be a one pot meal, freeze dried or a boil-in-a-bag meal.

Food planning and cooking on your expedition can be a great challenge and a way to make your expedition stand out. Think about your favourite foods and how you could adapt them so you can have them during your expedition.

Here are some meal ideas to make sure you're fuelled up and ready to go!

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Meal Ideas:

Meal Planning Tips:

Before you check out our meal suggestions, here are some tips to help you plan your meals for your DofE expedition:

Plan ahead: Make a meal plan before the expedition and pack everything you need in advance.

Consider nutritional needs: Choose meals that provide a good balance of carbohydrates, protein, and vegetables to keep energy levels up. Have you got any dietary restrictions that need to be considered?

Keep it simple: Choose meals that are easy to prepare and require minimal cooking equipment.

Pack light: Choose lightweight options to minimize the weight of your pack and distribute the food evenly between the group.

Store food properly: Pack food in sealed containers or plastic bags to prevent spills and keep food fresh. Glass jars are not only heavy to carry around but could pose a danger hazard if broken. Opt for sachets, cans, reusable plastic containers or silicone bags instead.

Breakfast:

First things first, breakfast! You need something filling and nutritious to start your day off right. Here are some hearty breakfast ideas to get your taste buds going:

Instant Oatmeal: Oatmeal is a quick and easy breakfast option. You can bring individual packets or make your own by measuring out the desired amount of oats and adding hot water. Customise with toppings like dried fruit, cho chips, and honey to give it an extra kick.

Breakfast Burritos: This may sound complicated, but it's really not! Assemble and wrap prior to departure for an easy grab-and-go breakfast.

Lunch:

When you're out on the trails, you need something quick and easy for lunch. You don't want to waste precious time cooking up a big meal, so here are some ideas for lunches that are easy to prepare and packed with flavour:

Wraps: Wraps are a great lunch option because they're easy to pack and customize. You can bring them pre-made for an overnight, or for longer expeditions bring along some tortillas, your favourite fillings and condiments, roll them up and wrap them in tin foil for a mess-free lunch.

Sandwiches: You can't go wrong with a classic sandwich! Pack some bread, deli meat, cheese, and veggies, and assemble on the go. Tuna or chicken pouches make great fillers that don't need to be kept in the fridge.

Dinner:

Dinner is often the most substantial meal of the day, and you'll want something that's filling, tasty, and easy to prepare.

One-pot pasta: Pasta is an easy option that can be customized with a variety of sauces and toppings. You can bring along pre-made pasta sauce or supermarkets have plenty of pre-made options in foil pouches.

Nachos: Premade nacho mix stored in a snaplock, small packet of corn chips and some sour cream is a camping favourite.

Easy sushi bowl: Simply combine boil-in-a-bag rice, tinned chicken/tuna and all your favourite raw veggies for a quick and delicious dinner.

Prepackaged Meals:

Dehydrated or freeze dried, prepackaged meals offer a convenient option for all your meals while on expedition. You will find a wide range of choice and brands available both online and in outdoors shops like Macpac, Kathmandu and Hunting & Fishing.