



DofE expedition menu planner

Team name:

Your name:

Level: Bronze / Silver / Gold Practice / Qualifying



Day	Breakfast	Lunch	Dinner	Snacks	Total Calories
1					
2					
3					
4					
Emergency Rations					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and days food together so you can find it easily.

If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like vegetable curry, pasta and meatballs, chilli con carne, chocolate pudding or similar.

For more advice go to www.DofE.org/shopping/food