

# DofE expedition kit tips:

# EATING ON YOUR EXPEDITION

## 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

Fuel must be kept away from fire starters. Different people should carry the fuel, stove and matches.

**Trangia Fuel**



## Water

Set off each morning with enough fluid to last the day. This means carrying at least two litres of water with you.

**Lifeventure Tritan Flask 1L**



## Cutlery

Make sure to wash or swap any utensils that have handled raw food before using them to eat.

**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 & 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**



## 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, durable and easy to clean.

**Lifeventure Ellipse Plate and Bowl**

## Packing

Try packing each meal in a bag for the day so they're easy to take out when it's time to eat.

**Lifeventure Dry Bags**



## Ready to eat food

Expedition food pouches are ideal for breakfast or snacking on the trail. They are lightweight, calorie dense and can be eaten hot or cold. You can find options to suit most dietary requirements.

**Wayfayrer Expedition Food**



Calories	Food	Breakfast	Lunch	Snacks	Dinner
Food is fuel, which your body needs on your Expedition. Pack as much energy into the least weight and volume as possible.	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.	Start the day with a substantial breakfast. This can include cereals, muesli, porridge, noodles or even expedition ready food such as All Day Breakfast.	Picnic 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. Be aware of any allergies in your group.	Mars bars, boiled sweets, jelly cubes or Kendal mint cake are ideal for an extra energy hit.	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/shop](https://DofE.org/shop)

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