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

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

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

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

Lifefventure Tritan Flask 1L

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

Lifefventure 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.

Lifefventure Ellipse Mug

Plate/bowl
Plastic, titanium or stainless steel camping gear are lightweight, durable and easy to clean.

Lifefventure 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.

Lifefventure Dry Bags

Calories

Breakfast

Lunch

Snacks

Dinner

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.

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.

Food is fuel, which your body needs on your Expedition. Pack as much energy into the least weight and volume as possible.

More advice on eating on a DofE expedition, as well as the official DofE Expedition Kit List, can be found at DofE.org/shopping

Save at least 10%, and often more, in over 200 stores and online

Find everything for your next expedition at one of our five recommended retailers in store or online. Find your nearest store at DofE.org/shopping/storefinder. Kit items shown are examples only. Always follow the advice and training of your DofE expedition supervisor. The Duke of Edinburgh’s Award is a Registered Charity No. 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No. RC000806. DofE.org