

DofE expedition kit tips:

MENU PLANNER

Supported by



Team Name:

Your Name:

BRONZE / SILVER / GOLD

PRACTICE / QUALIFYING

TOP TIP: Keep a **balanced menu**, have the most energy for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and day's food together so you can find it easily.

Expedition food pouches are ideal for breakfast or journeying when you need a quick, calorie filled meal or snack on the go.

	BREAKFAST	LUNCH	DINNER	SNACKS	TOTAL CALORIES	EMERGENCY RATIONS
DAY 1						
DAY 2						
DAY 3						
DAY 4						

TOP TIP: It's nice to make things that are good to share, so you may wish to make meals together as a group. Make sure you check your team's dietary requirements for things like vegetarian, vegan, gluten free or halal.

TOP TIP: If you are doing Silver or Gold, save your favourite food for day 2 or 3! Choose something nice and homely that you'll look forward to having, like vegetable curry, pasta and meatballs, chilli con carne, chocolate pudding or similar.



Find everything for your next expedition at our recommended retailers in store or online. Find your nearest store at DofE.org/shop/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

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More advice on what to eat on a DofE expedition, as well as the official DofE Expedition Kit List, can be found at DofE.org/shop