

Suggested Food List for D of E Expedition

Water to drink throughout. No juice or fizzy drinks.

The following are suggestions of suitable foods. There are other non-perishable foods which would also be perfectly acceptable.

Breakfast

Instant Porridge
Cereal
Croissant
Brioche
Cereal bars
Fruit – fresh or dried
Hot chocolate
Tea

Lunch

John West Light Lunches
Tortilla wraps
Pitta bread
Small tub/tin meat paste or pate/fish e.g. sardines or mackerel
Fruit – fresh or dried
Munchy seeds
Cereal bars

Dinner

Pasta, rice or cous cous
Dolmio type sachets or small pots of ‘stir-in’ sauce
Matteson’s smoked sausage – the type that does not need refrigeration
Pepperami (individually wrapped kind)
Tortilla wraps
Pitta bread
Fruit – fresh or dried
Instant custard and/or cake for pudding
Hot chocolate
Tea

Snacks

Cup-a-Soup
Cereal bars
Dried fruit/fruit bars
Munchy seeds
Trail mix
Biscuits
Chocolate

No tins except very small tins of fish, tinned foods contain liquid which makes them very heavy to carry.

Please consider weight carefully. While Wayfarer “boil in bag” meals may seem like an easy option they contain liquid so are heavy to carry and therefore less suitable DofE expeditions.