



FOOD & NUTRITION

Below you will find a guide to Food & Nutrition for Wildside Outdoors DofE Expeditions.

More useful information can be found on our YouTube channel (Wildside Outdoors UK) and on our Event Resource System which you should have a login for.



WHAT TO BRING

As well as lots of snacks you will need to bring lunch and dinner for the first day of your expedition, breakfast and lunch for the last day of your expedition and breakfast, lunch and dinner for every other day.

The table below shows how many of each meal you will need for your expedition, based on how many days you are doing.

Days	Breakfast	Lunch	Dinner
3	2	3	2
4	3	4	3
5	4	5	4

ALLERGIES

It is imperative that you are aware of any allergies in your group and do not bring any food or food that contains anything a participant is allergic to.

BREAKFAST

Pain au chocolat/ croissants/ brioche
Scotch pancakes
Chocolate pancakes
Porridge
Cereal
Cereal bars
Boil in the bag

LUNCH

Lunch must be a cold meal. You will not be able to cook lunch or whilst out walking.

Wraps with filling
Sandwiches/ bagels
Cold pasta
Cold pizza

DINNER

Pasta with sauce with added protein
Filled pasta with sauce
Boil in the bag rice with hot dogs
Stir fry
Cous cous
Boil in the bag meal

SNACKS

Flapjack
Nuts (if allowed on your expedition)
Carrots
Cereal bars
Dried fruit
Sweets
Trail Mix

FOODS TO AVOID

Anything that requires refrigeration
Eggs
Energy drinks
Tinned items
Glass jars
Pot noodles

More information including pros and cons of the foods listed above can be found on our youtube channel.