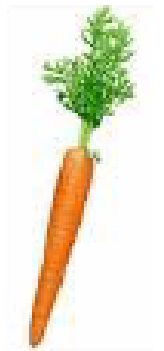


Food, FOOD, FOOD, FOOD, FOOD, FOOD, FOOD, FOOD

It's the fuel to let your body work & Repair itself



- Have a good breakfast, something more than a bowl of Cornflakes, this would **NOT** get you up the first hill.
- If you're looking to burn fat, your body won't unless you have carbohydrates in your system. Walking is a fantastic fat burning exercise, working in your aerobic threshold. If you want to burn more, walk for longer, don't exercise harder, that will stop your body utilising the fat reserves.
- Porridge is the fuel of champions or elite athletes eat cold pasta for breakfast. Yuk! Complex carbohydrates are the key. The less processed the better.
- We don't need protein, however a small amount does slow down the breakdown of carbohydrates which is a good thing..
- If like most people you can't manage a good breakfast early in the morning, pack a good breakfast in your rucksack, as well as your walking food.
- Bring **loads** & loads of food, you should have plenty in your sack when you finish.
- Dried fruit, cereal bars, nuts, fresh fruit, sandwiches, things low in sugar & high in unrefined carbohydrates.
- Wholegrain is your recipe to success, wholegrain: bread, pitta bread, chapatti, pasta, brown rice, porridge & breakfast cereal.
Wholegrain foods release food more slowly, keeping you feeling fuller for longer & will power you up those hills.
- You don't need any chocolate bars or boiled sweets, however they are a great moral booster & help nit the team together when you share them.
- This is your fuel tank to walk on, keep it filled up.....
- Grazing is the best way to eat, little & often.

PLEASE

Pack your food in strong see-through bags, 1 bag per meal & label them
eg: Sat. Breakfast, Sat. Lunch, Sat. Dinner

Things to avoid:

- Food that needs to be kept in a fridge
- Tinned foods
- Food stored in glass

Things to incorporate:

- Dried foods, they are light, typically you will carry 1-2kg of food per day's expedition



Breakfast Ideas

- Quicoats
- Oats-so-simple
- Muesli + sugar + dried milk (make your own) mix with hot water
- Malt loaf
- Wayfarer meals, simple, expensive, heavy
- Pack 'n' go meals, similar to wayfarer meals
- Hot drink; hot chocolate sachet or tea/coffee + sugar + dried milk



Lunch Ideas

- Pitta bread
- Tortilla wraps
- On the 1st day:
 - Sandwiches
 - Pasty
- Apple, carrot, orange
- John West Tuna light lunches
- Snacks to keep you going:
 - Dried fruit & nuts
 - Nutri-grain bars
 - Flapjack
 - Jerky (dried, seasoned meat)



Dinner Ideas

- Most pupils use Wayfarer meals, simple, expensive, heavy
- Pack 'n' go meals, similar to wayfarer meals
- Dried soup
- Instant Custard powder sachet with dried fruit or Wayfarer meals
- Pack 'n' go meals, similar to wayfarer meals
- Main energy hit:
 - Dried Noodles
 - Pasta
- Hot dog sausages stores in foil bags
- Stir fry sauces
- Drinks:
 - tea/coffee + sugar + dried milk
 - Hot chocolate sachet



Where to buy food:

- Any supermarket
- Wayfarer meals; Moorland Rambler, Taunton Leisure, Go Outdoors, Cotswold, Millet's or Blacks



Some Links

- <http://www.westlerfoods.com/Wayfayer.html>
- <http://www.bewellexpeditionfoods.com>
- <http://www.expeditionfoods.com>
- <http://www.expeditiongrub.co.uk/>
- <http://www.expeditionfoods.eu/>
- <http://www.outdoorsgrub.co.uk>
- <http://www.expeditionfoods.com>
- http://www.storm-crow.co.uk/articles/expedition_food.html