

DofE expedition kit tips:

MENU PLANNER

Team Name:

Your Name:

Level: BRONZE / SILVER / GOLD

PRACTICE / QUALIFYING



Performance Through Health

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

Make sure you: 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.

If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like vegetable curry, pasta and meatballs, chilli con carne, chocolate pudding or similar. It's nice to make things that are good to share with the group, so check your team's dietary requirements for things like vegetarian, vegan, gluten free or halal.

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



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