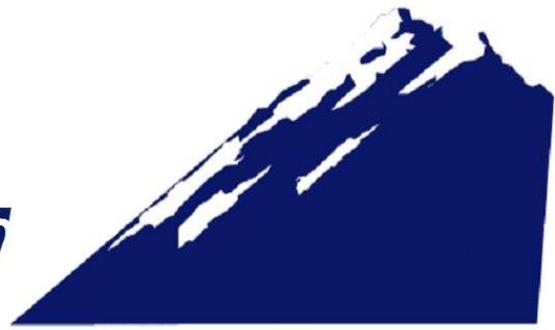


Inspired Expeditions



Edgbarrow Bronze DofE Expedition Guide



This guide has been put together to help you and your team prepare for your Duke of Edinburgh Expeditions. Please read over all of the information. Being prepared and having the right kit will allow you to get the most out of your DofE experience.

If you have any further questions please contact us through the website, via our Facebook or Twitter pages, or by email.



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Welcome

Welcome to your Bronze DofE program with Edgbarrow School. Our Bronze expeditions at Edgbarrow will allow you to see the amazing scenery of the local countryside while you develop your teamwork, navigation and interpersonal skills with your friends. The expeditions are designed to be a fun and enjoyable experience while being rewarding and allowing you to learn new skills. You will all be given a safety and behaviour briefing at the beginning of the course and are expected to abide by our safety regulations and all school rules apply. Mr Laurie-Pile is your DofE manager and school contact for the expeditions, if you have any questions about DofE or the expeditions please go and see him during school.

Medical and Consent Form: Prior to the start of the training weekend we require you to fill in our online 'Medical and Consent Form'. If you have any questions regarding the medical and consent form or requesting kit then please do not hesitate to contact us. Please follow the link below to access the form and use the password below when prompted.

<http://www.inspiredexpeditions.co.uk/edgbarrow-school-medical--consent-form>

Password: edgbarrow

Equipment: Inspired Expeditions will supply **Team Kit** of Tents, Trangia Stoves, Maps and Compasses (which are shared between members of each team). You are welcome to bring your own equipment if you have any of these items. However please ask an instructor about the suitability of your kit to ensure it will be right for the expedition. Please note all participants will be provided with all **Team Kit** on location, automatically each weekend.

Edgbarrow School are able to supply a 60lt rucksack, roll matt and sleeping bag if needed. These items are part of '**Participant Kit**' that is required by each participant, see Kit list further on. These can be requested when you register for the Bronze award with school and there will be a fixed charge of £10 by the school for this. This kit request will also be confirmed with our online medical consent form, it will ask you to clarify which out of the 3 items, you need to borrow from school.

Photography: Inspired staff may on occasions take photographs or video footage of the courses and instruction, in which you may feature. By accepting this course you are agreeing to these photos being used by us, unless you inform us in writing to the contrary.

Mobile Phones: One of the requirements of the Duke of Edinburgh's award is that mobile phones are not permitted on DofE expeditions, we therefore ask that **participants do not bring mobile phones or electronic devices**. The rules and ethos of the DofE award are to promote 'self sufficiency' and expeditions without 'outside assistance', the use of mobile phones goes against these rules & ethos. If mobile phones or electronic devices are brought along they will not be covered by schools' or Inspired Expeditions' insurance and won't be allowed to be used during the expeditions. Each DofE group on expedition will be provided with a means of communication by Inspired Expeditions. If parents need to get in contact with a participant for any reason this is to be done through the school or expedition staff, 0800 246 1068.

Supervision: The Duke of Edinburgh's award requires participants to be unaccompanied and self-reliant on expedition. As part of the training each group receives they will learn how to manage themselves as a group in the outdoors. Provided students have demonstrated the required level of competence and have shown suitable behaviour during training expedition, they will be remotely supervised. Definition of remote supervision:

Staff are to follow best practice as advised by the DofE award. This is where the Supervisor remains out of sight and hearing of the team and allows them to get on with the expedition without any intervention. The Supervisor will have a good idea of roughly where the team are and how they are progressing. This is the norm for the majority of practice expeditions and all qualifying expeditions. It allows the supervisor to: Periodically observe the team without intervening, allow the team to make mistakes and to recover from them without outside intervention, support the team by remaining remote yet in the expedition area and able to intervene if absolutely necessary or if requested. On practice and assessed expeditions expedition staff will meet groups at check point(s) along their planned route and groups will have been briefed on what do in case of emergency.

It is important to understand that all participants will be remotely supervised during their practice expedition once they have demonstrated the prerequisites, no participants will be allowed on their assessment if they haven't demonstrated the required level of competence. As such, all participants on their assessed expedition will be remotely supervised.

Bronze Summary

Training – Inspired HQ, Marlow

Dates and Timings: 28th & 29th April 2018

Drop off: 28th April @ 09:00

Pick up: 29th April @ 17:00

Practice – Chiltern Retreat, Lane End

Dates and Timings: 19th & 20th May 2018

Drop off: 19th May @ 09:00

Pick up: 20th May @ 17:00 (approx.)

Assessment – Rushall Farm, Bradfield

Dates and Timings: 30th June & 1st July 2018

Drop off: 30th June @ 09:00

Pick up: 1st July @ 17:00 (approx.)

Route planning: 11th June 2018 at 15:30 at school, all participants MUST attend.

Please note that the collection times after the expeditions are only approximate because the timings will be dependant on how quickly the participants travel, however we will do our best to stick to the timings.



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DofE Training Weekend

When & Where

Dates: 28th & 29th April 2018

Drop off: 28th April @ 09:00 – Edgbarrow School

Pick up: 29th April @ 17:00 (approx.) – Edgbarrow School

Campsite Location: Inspired HQ, Westhorpe Watersports Centre, Marlow, SL7 3RQ

This is a residential weekend, the accommodation will be camping. Tents will be provided.

What To Bring

Equipment

- Please bring with you all **Participant kit & Personal Kit** on the kit list at the end of this document.
- Footwear with **ankle support** is required for this weekend so this is an ideal opportunity to break in new walking boots.
- A day sack, for example a school rucksack (20-30 litre) would be beneficial, for this weekend only. Bring all of your other kit in a large bag with your prepared expedition kit.
- You will need to ensure that you have enough clothing to keep you warm and dry.

Team Kit (tents, Trangia's, fuel, compasses and maps) are provided on location by Inspired Expeditions.

Meals & Snacks

- You will need to bring all your food for this training weekend.
- Meals required are **lunch & dinner on Saturday** and **breakfast & lunch on Sunday**.
- We recommend that lunches are a typical packed lunch and snacks. You will not have the opportunity to cook any lunch items.
- Dinner & breakfast needs to be able to be cooked on a Trangia Stove. (see Equipment Information pages)
- Please see our food suggestions page at the back for ideas.

Overview

During this weekend we look at a variety of skills including; Navigation, Route Planning, First Aid, Emergency Procedures, Camp Craft, Expedition Cooking and Nutrition, Health and Safety and Kit Requirements.

Supervision

Participants will be directly supervised by an instructor during the training. Expedition & school staff will be on site at the campsite overnight.

Communication

Whilst on expedition any communication between parents/guardians and students will need to go through expedition or school staff, as it is a requirement of the Duke of Edinburgh's award that direct communication is not permitted. Should you need to contact participants please call our office number (**0800 246 1068**) first and we will advise or put you in contact with staff on the expedition.



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DofE Practice Expedition

When & Where

Dates: 19th & 20th May 2018

Drop Off: 19th May 2018 @ 09:00 – Edgbarrow School

Pick Up: 20th May 2018 @ 17:00 – Edgbarrow School

Campsite Location: Chiltern Retreat Campsite, Lane End

What To Bring

Equipment

- Please bring with you all **Participant Kit & Personal Kit** on the kit list at the end of this document.
- Footwear with ankle support is required for this expedition.
- You will need to ensure that you have enough clothing to keep you warm and dry.

Team kit (tents, Trangia's, fuel, compasses and maps) are provided on location by Inspired Expeditions.

Meals & Snacks

- You will need to provide all of the food for this expedition, **lunch & dinner day 1** and **breakfast & lunch day 2**.
- We recommend that lunches are a typical packed lunch and snacks. You will not have the opportunity to cook any lunch items.
- Dinner & breakfast needs to be able to be cooked on a Trangia Stove.
- Please see the food suggestions page for ideas, this will also be covered on the training expedition.

Overview

The practice expedition is designed to allow each participant to develop their individual and group skills their learnt on their training weekend and apply them to expedition life.

Supervision

During the practice expedition there will be a mixture of directly supervised and remotely supervised planned activity where the will develop their skills learned in the training weekends and apply them to expedition life. The Duke of Edinburgh's award requires participants to be unaccompanied and self-reliant on expedition. Hence, provided students have demonstrated the required level of competence and have shown suitable behaviour during training, they will not always be directly supervised during the expedition. Appropriately qualified expedition staff will be at a ratio of at least one per three teams and each DofE team will be met at check points along their planned route and will have been briefed on what do in case of emergency. Expedition & school staff will be on site at the campsite overnight. Please contact us if you have any questions about the levels of supervision provided.

Communication

Whilst on expedition any communication between parents/guardians and students will need to go through expedition or school staff, as it is a requirement of the Duke of Edinburgh's award that direct communication is not permitted. Should you need to contact participants please call our office number (**0800 246 1068**) first and we will advise or put you in contact with staff on the expedition.



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DofE Assessed Expedition

When & Where

Route Planning: 11th June 2018 at 15:30 at school, the session will be open till 6pm at the latest. It is a requirement for EVERYONE to attend the route planning. Completing the route planning is part of their DofE Bronze Assessment, condition 8 of the 20 conditions – “You and your team must plan and organise your expedition”.

Dates: 30th June & 1st July

Drop Off: 30th June @ 09:00 – Edgbarrow School

Pick Up: 1st July @ 17:00 – Edgbarrow School

Campsite Location: Rushall Farm, Bradfield

Final DofE Expedition Presentation: September 2018 at 18:00 at school, all parents and guardians are invited and encouraged to attend.

What To Bring

Equipment

- Please bring with you all **Participant Kit & Personal Kit** on the kit list at the end of this document.
- Footwear with ankle support is required for this expedition.
- You will need to ensure that you have enough clothing to keep you warm and dry.

Team kit (tents, Trangia's, fuel, compasses and maps) are provided on location by Inspired Expeditions.

Meals & Snacks

- You will need to provide all of the food for this expedition, **lunch & dinner day 1** and **breakfast & lunch day 2**.
- We recommend that lunches are a typical packed lunch and snacks. You will not have the opportunity to cook any lunch items.
- Dinner & breakfast needs to be able to be cooked on a Trangia Stove.
- Please see the food suggestions page for ideas, this will also be covered on the training expedition.

Overview

The assessed expedition is overseen by a DofE Assessor.

Supervision

During the assessed expedition all groups will be remotely supervised during their planned activity. The Duke of Edinburgh's award requires participants to be unaccompanied and self-reliant on expedition. Hence, provided students have demonstrated the required level of competence and have shown suitable behaviour during their practice, they will not always be directly supervised during the expedition. Appropriately qualified expedition staff will be at a ratio of at least one per three teams and each DofE team will be met at check points along their planned route and will have been briefed on what do in case of emergency. Expedition & school staff will be on site at the campsite overnight. Please contact us if you have any questions about the levels of supervision provided.

Communication

Whilst on expedition any communication between parents/guardians and students will need to go through expedition or school staff, as it is a requirement of the Duke of Edinburgh's award that direct communication is not permitted. Should you need to contact participants please call our office number (**0800 246 1068**) first and we will advise or put you in contact with staff on the expedition.



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Kit List

The kit listed here is essential for your expedition, if you are missing any of the items you may not be allowed to take part. If you have any questions regarding kit then please email info@inspiredexpeditions.co.uk

ITEM	GOT IT	PACKED IT
<u>Participant Kit</u>		
Waterproof Jacket		
Waterproof Trousers		
T-Shirt/s		
Min 2L of Water		
Eating Utensil/s		
Bowl or Plate as Required		
Mug / Thermos		
Small Personal 1 st Aid Kit		
Torch with batteries		
Whistle		
Watch		
Washing up kit (brillo pad & tea towel)		
Matches		
Sun cream		
Personal Wash kit		
Emergency Money (approx. £5 in coins)		
Walking Boots		
Walking Socks		
Personal Medication		

ITEM	GOT IT	PACKED IT
<u>Participant Kit Cont.</u>		
1 x Fleece		
Walking Trousers		
Underwear		
Warm Hat and Gloves		
Spare Warm Layer		
Bin Bags		

ITEM	GOT IT	PACKED IT
<u>Personal Kit</u> Supplied by Edgbarrow School <u>if Requested</u> or part of participant kit other wise		
60L Rucksack		
Roll Mat		
Sleeping Bag		

ITEM	GOT IT	PACKED IT
<u>Team Kit</u> Automatically Supplied by Inspired Expeditions		
Tent		
Trangia & Fuel		
Maps		
Compass		

Equipment Information

All the kit recommended on this list is recommended by DofE, Cotswold Outdoor (the recommended retailer for DofE) and Inspired Expeditions Staff.

Please take time to read through the following pages which talk about the kit list in more detail. Please note that the items on this list give a complete breakdown of all the possible items of generic kit that could be required on DofE at Bronze and is open to personal interpretation and individual requirements. Please take a look at our Facebook and Twitter pages for more great kit ideas and discussions.

Rucksack: Edgbarrow School can provide you with a rucksack but sometimes its nice to have one that you can call your own. It needs to be **Between 60 and 80 litres**

Remember! You have to be able to carry everything in your expedition over some challenging and sometimes steep terrain so ensure your rucksack doesn't weight too much for you. Approximately 17kg would be a maximum weight. We would recommend the Vango Contour 70 litre rucksack.

Sleeping Mat: We can lend you a foam roll mat, lightweight, comfy but bulky. Or you can get yourself an air mat, comfy, warm, packs small but will be a lot heavier. The choice is yours.

Sleeping Bag: If you have your own sleeping bag you need to ensure that it is both warm enough and can pack down small enough to fit in your rucksack. Most sleeping bags will display a comfort rating, this doesn't want to be above 0 degrees Celsius. If you are looking at buying your own sleeping bag then we would recommend the Rab Ignition Series.



COMFORT: Based on an average woman having a comfortable night's sleep
COMFORT LIMIT: Lowest temperature at which an average man could have a comfortable night's sleep
EXTREME: Survival rating for an average woman



Dry bags / Rucksack Liner: There are two ways of waterproofing your rucksack, using a rucksack liner (or really thick bin bag) or several small dry bags (as pictured).

**Be organised!
Waterproof all of
your kit with
colour coded dry
bags!**



Water and Hydration: You have 2 options a hydration system commonly known as a bladder/ CamelBak. Or durable water bottles. Which ever you find easier. The hydration system (bladder) goes in the back of your rucksack and then a tube comes out so you can drink while you walk. Good brands to go with are CamelBak and Osprey.



Eating Utensils:

- Cutlery
- Bowl or Plate
- Mug or Thermal mug for hot drinks.



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Torch: A Head torch is preferable as it means you can be hands free. You can pick these up cheaply in outdoor retailers. Make sure you have spare batteries!

Whistle: Needs to be loud enough to attract attention. We recommend the Survival Whistle by Lifesystems.

Watch: This is used for timing and pacing, a cheap digital watch with a stopwatch function is ideal.

Washing up and Rubbish:

Bring bin liners for your rubbish. Brillo pads are ideal for washing up because they already have washing up liquid inside them.

Towel: For the expeditions a towel is not essential because there will be no showers on route. However a tea towel is handy for drying up, one per group!

Sun Cream: You will need sun cream because you will be out in the sun all day, essential even if you don't normally burn.

Wash Kit: Containing all of your personal toiletries & medication. Toothbrush, toothpaste, deodorant and wet wipes. Travel bottles of Dry Shower or Dry Shampoo could be a luxury. **No requirement for hair or beauty products!**

Money: For the expedition you will not be in a position to purchase any food or drinks along the route. However we suggest you bring a small amount of change for emergency use only.

Clothing and Footwear

Walking Boots: A good pair of walking boots will make any expedition much more enjoyable.

- It is definitely recommended that you have proper walking boots that **cover your ankle** so you get the required support on the rough terrain while you are carrying a heavy rucksack.
- Trainers, approach shoes or fashion boots are NOT permitted.
- Give yourself time to break the boots in so they are comfortable.
- Your walking boots must be waterproof, either by Gore-Tex or similar membrane or be a waxed leather.
- Cotswold Outdoor do a first class fitting service for walking boots.

Walking Socks: Walking socks will be needed. It is important that these are not cotton socks. A decent pair of walking socks will help protect your feet and prevent blisters.

Waterproof Jackets: A very important piece of kit for any expedition.

- They must be waterproof – 'Pac in a sac' waterproofs will not keep you dry.
- Ensure they are waterproofed with a PU coating or with a Gore-Tex membrane.
- Must have a hood
- You can still get lightweight and waterproof jackets that will keep you dry.
- Berghaus make good value and good quality jackets.

Waterproof Trousers: A must have even if the weather forecast is good. Same things apply as the waterproof jacket. Must be waterproof! Berghaus Deluge overtrousers are a good option.



Clothing

Expedition clothing should be warm, quick-drying and light. Lots of layers are much better than one thick layer. Thermal base layers and fleeces work really well as they are not made of cotton. **Do not wear jeans or thick cotton hoodies** and **avoid** all other **cotton** items if possible. When it gets wet cotton becomes very heavy, does not dry quickly and will not keep you warm.

Clothing to wear while you walk:

- Walking Boots
- Walking Socks
- Underwear
- Base layers – sports thermal or merino wool base layers are ideal
- Wicking T-shirts/Shirt
- Microfleece – thin lightweight fleece, **not cotton**
- Warm layer – thicker fleece or insulated jacket
- Walking Trousers – **Not Jeans!** Craghoppers Kiwi Pro Stretch Trousers are great!
- Warm Hat, Gloves and Sun Hat – in any forecast these are required, it can get very cold at night in remote areas.

Spare Clothing

- Spare clothing must be carried in your rucksack and it is really important to keep it dry. The minimum amount of spare clothes you will need are below:
 - Spare socks
 - Spare walking trousers
 - Change of underwear
 - Spare fleece
 - Spare base layer
- You are welcome to bring more spare clothes however this will increase the weight of your rucksack so make sure you get the balance right.

Team Kit

Tent: We supply your team with tents. However you are welcome to bring your own tent if you wish, please check suitability with an instructor first at the training weekend. The tents that we will supply will be Vango 3 person tents.

Trangia Stove and Fuel: This is an item that we will supply for all teams. The fuel type for these stoves will be methylated spirits. It is a cooking system recommended for DofE and has all the pots and pans as part of it to enable you to cook efficiently as a group.



Matches:

You will need some matches in order to light your stove. Think about how to keep them dry. Long handled matches are helpful for lighting Trangias.

Navigation Compasses and Maps will be provided, you are welcome to bring your own. A good map case could be beneficial. Though we do laminate all our maps.



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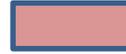
Rucksack Packing



Light



Medium



Heavy

ABC's of Packing

Accessibility – think about how often you would take the item in and out of your bag. Pack frequently used items closer to the top or inside compartments on the side. Items you will not need till camp, put at the bottom of the bag.

Balance – Pack heavier items at the bottom of your bag. Pack both sides evenly, so you're not lopsided. This will make your bag easier to carry.

Compression – Use stuff sacks to pack soft items, such as sleeping bags and clothes that are easily compressed. This will save space in your bag.

Dangling kit is not allowed – Do not strap anything to the outside of your bag, as it could get lost or broken. Roll mats are an exception, put it inside a durable waterproof bag strapped securely onto the outside of your bag.

Environment - barbed wire, mud, rain and thorns. You need to protect your kit inside your bag, to do this pack using durable waterproof plastic bags/dry bags.



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Food Suggestions

Food is a really important part of your expedition preparation to get right. If you have food that you like and enjoy it will keep your morale high, there is nothing worse than not looking forward to your evening meal because you don't like it! So plan your meals well. Its important to ensure you have a balanced diet during your expedition, DofE recommend you have about **3,000 calories a day overall** (breakfast, lunch, dinner, drinks and snacks) when out and about. These food suggestions will help you plan a balanced diet. Please contact us at: info@inspirexpeditions.co.uk for more ideas.

Breakfast – needs to have some element cooked on a Trangia.

Food type	Thoughts
Porridge	Must be instant, not whole oats. Mix 50g oats, 50g powdered milk and 15g sugar in a small sandwich or freezer bag. Add 350ml water and cook whilst stirring until everything goes thick. You could also use a pre-prepared sachet of instant oats like Oat So Simple but these do not contain powdered milk. Porridge is great to cook as a whole group.
Beans	Not very high in calories and the tins weigh quite a bit but if a hot plate of beans makes you feel better in the morning then give it a go. You can get half size cans as well and ones with sausages in have a higher calorie content.
Soup	Instant soup sachets with pitta bread to dunk, just make sure you have enough calories in extra foods.
Hot chocolate	Not on its own but with some food as well, hot chocolate can add some extra calories and warm you up nicely on a cold morning.
Frankfurters	Sausages which are smoked, cooked or dried already and which have not been taken out of their packets should be fine but if they are supposed to be kept in a fridge eat them on the first day.
Expedition Breakfast	Either the just add water or boil in the bag sweet or savoury meals are a great start to the day.
Pancakes & Pastries	A tasty calorie boost for the morning! You can even warm them on a Trangia! Precooked Pancakes rather than pancake batter.

Lunch – traditional packed lunch

Food Type	Thoughts
Bread	These bread based items will provide you with the slow release energy that you will require during your expedition. Loaves of bread don't tend to last very well in a rucksack so wraps, pitta bread or Warburton's thins work really well. You can add fillings to these such as cheese and meat as mentioned below.
Meat	Dried meats like pepperami, chorizo, beef jerky etc. are all great sources of protein and fat. Anything out of the fridge section of the supermarket is a bad idea as it could go off and give you food poisoning. The only exception might be frankfurters if you eat them soon on your expedition as they are salty and pasteurised to kill any bacteria. Once open they are not safe however so eat them all! Individual small tins of tuna / fish will work well if you like them.
Cheese	Some cheeses will not last very long in a rucksack because they need to be kept refrigerated, so we would recommend that if your going to bring cheese eat it towards the start of your expedition. The pre grated cheese lasts the longest or the tubes of primula (pictured). Cheese provides great filling for your bread items.
Soup	If your organised in the morning and take a flask for a hot soup lunch it could hit the spot for lunch to warm you up.
Snacks	See next page for snacking options!



Dinner

Food type	Thoughts
Pasta / Rice	Pasta or rice is a great option because as it is dehydrated (dry), and lightweight. All you have to do is add water and boil. Add your favourite sauce and some form of protein and away you go!
Meat	Meats such as cured Chorizo, biltong and smoked pork sausage are great additional protein for a pasta or rice meal. Meat which is smoked or cooked or dried already and which have not been taken out of their packets should be fine but if they are supposed to be kept in a fridge eat them the first day. Tinned fish may be a good option for those who like it.
Beans	Not very high in calories and the tins weigh quite a bit but if a hot plate of beans makes you feel better then give it a go, works well for breakfast too! You can get half size cans as well and ones with sausages in have a higher calorie content. A great source of protein, and 1 of your 5 a day!
Beanfeast	Beanfeast is a great option if you want to cook as a group. It's a great source of protein, can be accompanied with rice, pasta or couscous and you just need to add water. Pictured.
Sauces	Buy sauces in sachets instead of glass jars and try to get ones in single serving sizes so you don't have to reseal the packet.
Just Add Water	You can get dehydrated expedition meals to just add boiling water to, they are normally full of calories, very light weight and leave no washing up! Cotswold Outdoor have a good selection.
Boil in the Bag	Brands such as 'Wayfayers', 'Beyond the beaten track' and 'Look what we found' all produce boil in the bag meals which can be a great tasting expedition meal. Make sure you keep an eye on the weight of your pack though!
Hot chocolate	Hot Chocolate after dinner, just before you get into your tent will warm you up nicely on a cold evening.
Puddings	You can get boil in the bag and just add water expedition puddings for those with a sweet tooth!



Your dinner wants to be a high energy substantial meal that you will really enjoy! Being organised and cooking as a team will reduce the weight of your rucksack and reduce cooking time.

Snacks

Food type	Thoughts
Super Trail Mix	This contains broken up pieces of high calorie chocolate bars, cereal, flapjacks, chunks of cheese, dried fruit, crackers, biscuits and salami. You could try making your own or if the idea of eating salami and chocolate at the same time puts you off try making a savoury bag and sweet bag separately.
Chocolate	Although on hot days chocolate might melt a little, its got masses of calories in a small compact size, doesn't go off and almost everyone likes it. The highest calorie bars are Kit Kat Chunky, Mars Bar, Cadbury's Dairy Milk. Basically anything 'chunky'.
Custard / Jelly	Small pots that don't need refrigeration can be a great boost. Though they are heavy so eat them on day 1 and be careful not to squash them!
Sweets	Traditional hard boiled sweets are great as they contain plenty of calories and you can suck them as you walk. Starburst and others are also good ideas, and a great morale boost for your team when you hand them out.
Dried Fruit	A good healthy, lightweight option, great for snacking and giving variety to your food and maybe even getting you 1 or 2 of your 5 a day!



Drinks

- Generally speaking you should run out of any drink you are carrying at the end of the first day and need to refill at camp. As you can't buy anything on your expedition it's going to be water you're drinking. If you do take any other drinks for your first day don't bring anything with caffeine in as it is a diuretic (makes you wee) and so you can become dehydrated.
- Hot Chocolate is worth bringing. It weighs hardly anything and gives you a sugar and calorie boost and makes you feel better either in the evening before bed or in the morning to wake you up. Get the single serving hot chocolate sachets. (Make sure it's NOT Cadbury's Options or Highlights as these are low-fat and low calorie versions.)
- You can now buy Robinsons and Oasis squash that are highly concentrated in small capsules, which can be great as an addition to water. Its great to have some flavour! Just don't drink it on it's own as it will dehydrate you!
- You will be required to carry 2 litres of water on you. This can be done by water bottles or hydration systems, using both is a good combination. (Just don't put squash in your hydration system as its then very hard to clean, only use squash in your water bottles.)



The Bad List What not to bring!

Food type	Thoughts
Bacon, Sausages, Eggs etc	We don't recommend these for a few reasons: as it causes a mess of your cooking pan, you won't have oil to fry them in so it will stick. You have to use it all in one go, straight away or it will go rancid, as there is a high risk these foods will spoil when not stored properly and could cause food poisoning.
Fresh fruit and veg	Fresh stuff will not last, it is fine for your first day but don't bring more than you need for day one or it will get bruised and go nasty in your rucksack. Tinned things weigh too much and don't contain enough calories to make up for this. Dried fruit and veg is the only option that is a bit more durable, lasting and lightweight.
Crisps	Although they are high in calories they are bulky due to needing to have air added to the package to stop them getting crushed so they take up too much room in your rucksack. A bag of Walker's crisps has the same calories per 100g as a chocolate bar but takes up twice as much room at least.
Pot Noodle	Very bulky as the packaging contains lots of space inside for the water, so you lose space in your rucksack. Not great as a substantial meal on its own.
NUTS	We ask that you DO NOT bring nuts with you. Although they are a good snack, many people are allergic to them so we ask you to keep your expeditions nut free to prevent any harm to others.

