

Food – ADoE Lake District

Food:

Food should be nutritious, lightweight, not bulky and easy to cook over a camp stove. It is your responsibility to plan and buy your own food and plan your own menu (**this will be checked before departure**). Dehydrated foods and drinks are best for this as they are small and lightweight. Nutri-Grain Bars are a popular favourite snack. Water is available for cooking at every overnight campsite and so only drinking water needs to be carried. For advice on this visit the DoE office at any lunchtime.

You need to plan for the following meals.

In addition you should pack materials for hot drinks and snacks.

Day 1

Lunch Have something before setting off or bring a packed lunch.
Dinner Motorway Service Station – Have cash to buy food or bring a packed dinner with you.

Day 2

Breakfast Bacon Butties (cooked by Mr. Larman)
Lunch Ingredients will be provided for sandwich making
Dinner Likely to be curry or pasta carbonara (cooked by Miss Elmes)

Day 3

Breakfast Bacon Butties (cooked by Mr. Larman)
Expedition Starts (all expedition food to be supplied and cooked by students)
Lunch Meal 1
Dinner Meal 2

Day 4

Breakfast Meal 3
Lunch Meal 4
Dinner Meal 5

Day 5

Breakfast Meal 6
Lunch Meal 7
Dinner Meal 8

Day 6

Breakfast Meal 9
Lunch Meal 10
Expedition Ends
7pm Dinner (cooked by Miss Elmes)

Day 7

Breakfast Bacon Butties (cooked by Mr. Larman)
Lunch Motorway Service Station – Have cash to buy food