

Session 4: Food and Stoves



On a normal day we use approximately 2000cals, when walking we use up to 4000cals. That is why it is very important to eat correctly when on an Expedition.

You need to take into consideration a couple of things when planning your menu including;

- How heavy is the food and can it be lighter?
- How long will they last without refrigeration?
- How much mess and rubbish will the food or wrappers produce?
 - Is the food easy and quick to cook?
 - Will the food fill me up?!?

Menu Ideas

Before a day of walking, you need a breakfast that supplies you with energy for example:



- Porridge
- Cereal
- Cereal bars
- Bread/ Croissants
- Tea/ Coffee/ Hot Chocolates



Your lunch should provide further carbohydrate to provide more sustained energy, such as:



- Sandwiches
- Pre made pasta salad
- Couscous
- Soup
- Chocolate/High Energy bars
- Fruit



Treat yourself to a satisfying tea after a day walking. This could include:



- Pasta and sauce
- Pre-made meals
- Soup
- Stew
- Curry



Snacks

Different people have lots of different things they like to snack on, the list is endless. The best thing to remember is high energy snacks have no washing up and need little storage space in your bag.

Sweets and other sweet snacks are good motivators to keep you walking!

Camping Food

Give the list of food a number to decide whether or not you would take in on D of E camping expedition:

1 = Yes 2 = No

3 = Unsure



Tin of baked beans

Rice

Pasta

Glass Jar of sauce

Packet of sauce

Porridge

Boil in a bag food

Frozen chips

Cooked cold pizza

Raw chicken

Chocolate bar

Packet of custard

Pint of milk

Milk powder

Dried fruit

Cooked sausage

Raw steak

Cereal Bars



Now you have a go...

Plan your own menu for your expedition:

Breakfast		Snacks
Lunch		
Tea		

Breakfast		Snacks
Lunch		
Tea		

Breakfast		Snacks
Lunch		
Tea		

Breakfast		Snacks
Lunch		
Tea		

Water Safety: Drinking Water

While the water flowing in the streams and rivers may look pure, it can still be contaminated with bacteria, viruses, parasites, and other contaminants. When on expedition, it is important remain hydrated throughout the day whatever the weather. Here are some approaches you can take to provide yourself and others in your group with safe water for both drinking and sanitation:



Fill up from campsites



Ask Leaders

Chemical Tablets



Boiling



Don't Drink water from an Unreliable Source

Water Safety: Bodies of Water

Do not walk too close to the edge of bodies of water, such as canals, ponds and lakes.

Do not jump in, push people in or mess around near them.

River Crossings



Do not cross a river unless advised to and supervised by the leader. Even if it's only small. Go back to find the crossing point or the last place you knew you were.

Swimming pools



If the campsite you are staying at has a swimming pool, you are not allowed to use it during your expedition.

Stove Safety : Steps to Using a Gas Converter

Choose an area

Do not use camping stoves inside tents or confined spaces. ONLY USE A GAS STOVE IN AN AREA THAT IS WELL-VENTILATED. Place the stove on a STABLE, LEVEL SURFACE, and in an area that IS SHIELDED FROM THE WIND. CLEAR ANY DEBRIS from the area around the stove, especially dry leaves and twigs.



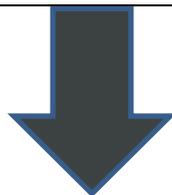
Light the stove

Unscrew the top and bottom of the stove, ensuring the knob at the side of the stove that controls the release of gas is turned off. Put the gas canister inside. As you screw the stove back together the gas canister is pierced. THE KNOB CONTROLS THE RELEASE OF GAS. When you hear the stove hiss as gas is released. Strike a match and hold it to the hob to ignite the stove. REMEMBER NEVER TO LEAVE THE STOVE UNATTENDED WHILE IT IS BURNING



Cooking

The knob on the side of the stove allows you to adjust the heat while cooking. Remember the stove is balancing on the canister, and is not as stable as your hob at home. Stir those beans gently, to avoid accidents!



Packing up

ALLOW THE STOVE TO COOL DOWN COMPLETELY before attempting to clean it. Ensure that gas valves have been PROPERLY TURNED OFF before packing up the stove.