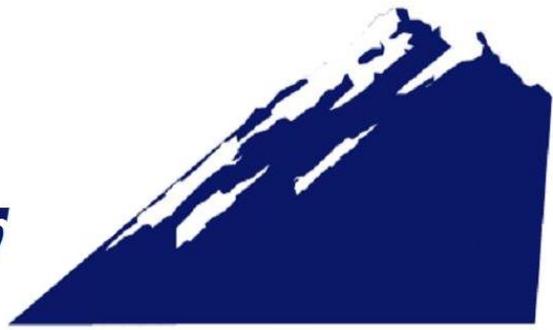


Inspired Expeditions



St. Mary's Bronze Canoeing 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.



www.inspiredexpeditions.co.uk

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Welcome

Welcome to your Bronze DofE program with St Mary's School. Our Bronze expeditions at St Mary's 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. Miss Wilkins is your DofE school contact for your Bronze DofE program, if you have any questions about DofE or the expeditions please email her or meet during school. If you have any expedition specific questions please email us on info@inspiredexpeditions.co.uk or 0800 246 1068.

Medical and Consent Form: Prior to the start of the training weekend we require you to fill in our online 'Medical and Consent Form'. Additionally as part of this form you will be able to request the **Personal Kit** (Rucksack, Sleeping Bag and Roll Mat) if you require them for the expeditions, further details on this can be found in the kit list in this guide. 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://inspiredexpeditions.co.uk/st-marys-dofe-medical-consent-form>

Password: 'stmarys18'

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.

Equipment: Inspired Expeditions will supply **Team Kit** (shared between members of each team) of Tents, boats (with paddles & buoyancy aids), Trangia Stoves with Fuel, Maps on location, automatically each weekend. We can also provide **Personal Kit** (needed by each member of each team) if needed, of Dry Bags, Sleeping Bags and Roll Mats. 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. Any **Personal kit** required must be requested through the electronic medical and consent form prior to the first expedition, this request then stands for all expeditions unless you notify us to the contrary. Personal kit will be supplied at the training venue for the training weekend and during a kit issue for practice and assessment expeditions.

Mobile Phones: Where possible we ask parents to not allow participants to bring mobile phones, as it is a requirement of DofE that the participants not have direct contact with home. Please note that any electronic devices are brought at your own risk, they are not covered by school or Inspired Expeditions' insurance. At the training venue mobiles phones will not be required at all. On the practice and assessment expeditions 1 mobile phone will be required for each team as an emergency phone. Staff and instructors will be on hand on all weekends with means of communication should it be needed. If mobiles are taken when not needed, they may be given to school staff for the weekend. If you would like to talk to us about this then please do not hesitate to contact us.

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 demonstration the pre requisites, 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

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

Training – Inspired Adventure Centre

Dates and Timings: 24th – 25th March 2018

Drop off: 24th March @ 10:00

Pick up: 25th March @ 16:00

Practice – River Thames

Dates and Timings: 23rd – 24th June 2018

Drop off: 23rd June @ 09:00

Pick up: 24th June @ 16:00

Assessment – River Thames

Dates and Timings: 6th – 7th October 2018

Drop off: 6th October @ 09:00

Pick up: 7th October @ 16:00



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DofE Training Weekend

When & Where

Dates: 24th & 25th March 2018

Drop off: 24th March @ 10:00 – Inspired Adventure Centre, Westhorpe Farm Lane, Little Marlow SL7 3RQ

Pick up: 25th March @ 16:00 – Inspired Adventure Centre, Westhorpe Farm Lane, Little Marlow SL7 3RQ

Campsite Location: Inspired Adventure Centre, Westhorpe Farm Lane, Little Marlow SL7 3RQ

What To Bring

Equipment

- Participants need to bring all **Participant Kit & Personal Kit** as listed in the kit list in this document.
- You will need to ensure that you have enough clothing to keep you warm. (You will have to complete a capsized drill as part of your training and therefore will need a complete change of clothes.)

Team kit (tents, Trangias, fuel, compasses, maps and boats) & dry bags are provided on location by Inspired Expeditions.

Meals and Snacks

- You will need to bring all 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, with snacks to help with energy levels. 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 expedition we look at a variety of skills including; Navigation, Canoe Skills, 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. During the practice expedition there will be a mixture of directly supervised and remotely supervised planned activity where they will develop their skills learned in the training 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 to do in case of emergency. 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 Practice Expedition

When & Where

Dates: 23rd & 24th June 2018

Route Planning & Kit Issue: 20th June 2018 at 16:00 at school

Drop Off: 23rd June @ 09:00 – Locations TBC

Pick Up: 24th June @ 16:00 – Locations TBC

Kit Return: 26th June 2018, 16:00 at school. All kit must be returned on this date in a good condition as it was issued.

What To Bring

1. Equipment

- Participants need to bring all **Participant Kit & Personal Kit** as listed in the kit list in this document.
- Bring all of your kit packed into your dry bags ready to go into the boat. All paddling kit will be issued to you at the campsite.
- You will need to ensure that you have enough clothing to keep you warm.

Team kit is provided on location by Inspired Expeditions. Personal Kit if requested will be supplied at kit issue for you to have time to pack your kit.

2. Meals & Snacks

- You will need to bring all food for this expedition.
- Meals required are **lunch & dinner day 1** and **breakfast & lunch day 2**.
- We recommend that lunches are a typical packed lunch, with snacks to help with energy levels.
- 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

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 they 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 two teams and each DofE team will be met at check points along their planned route and will have been briefed on what to do in case of emergency. 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

Dates: 6th & 7th October 2018

Route Planning & Kit Issue: 12th September 2018 at 16:00 at school. 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”.

Drop off: 6th October @ 09:00. Locations TBC

Pick up: 7th October @ 16:00. Locations TBC

Kit Return: 10th October 2018, 16:00 at school

Final DofE Expedition Presentation: September 2018, exact dates and times to be confirmed. All parents and guardians are invited and encouraged to attend.

What To Bring

Equipment

- Participants need to bring all **Participant Kit & Personal Kit** as listed in the kit list in this document.
- You will need to ensure that you have enough clothing to keep you warm.

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

Meals and Snacks

- You will need to bring all food for this expedition.
- Meals required are **lunch & dinner day 1** and **breakfast & lunch day 2**.
- We recommend that lunches are a typical packed lunch, with snacks to help with energy levels. 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

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 to 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-Shirts		
Min 2L of Water		
Eating Utensil/s		
Bowl / Plate		
Mug		
Small Personal 1 st Aid Kit + survival bag per team		
Torch with batteries		
Whistle & Survival Bag		
Watch		
Washing up kit (brillo pad & tea towel)		
Matches/ Lighter		
Sun cream & Midge Repellent		
Personal Wash kit inc. toilet roll and a small travel towel		
Emergency Money (£5 in coins)		
Camp Footwear		
Warm socks		
Personal Medication		

ITEM	GOT IT	PACKED IT
<u>Participant Kit Cont.</u>		
Fleece		
Trousers / shorts		
Underwear		
Warm Hat and Gloves		
Spare Warm Layer		
Bin Bags		
Swimming costume		
River Shoes		
ITEM	GOT IT	PACKED IT

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

<u>Personal Kit</u>		
<u>Supplied by Inspired Expeditions if Requested</u>		
or		
<u>part of participant kit other wise</u>		
1 large and 2 small dry bags		
Roll Mat		
Sleeping Bag		

Kit List Explained

All the kit recommended on this list is recommended by DofE, Cotswold Outdoor, the recommended retailer for DofE, as well as being recommended by Inspired Expeditions' staff through their experience. 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 gives a complete breakdown of all the possible items of generic kit that could be required on DofE at Silver levels 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.

Drybags: When Canoeing we will give you dry bags this gives you the opportunity to carry all of your kit within the boat, without the fear of it getting wet.

Sleeping Mat: We can provide you with a basic foam camping roll mat, however if you would like a bit more comfort there are other options available on the market. Self inflating and air mats are available, however these options will be heavier than the traditional foam roll mat.

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 drybags. 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.



Dry bags: Using several small dry bags (as pictured), can be a really good way of organising your kit. Using a selection of different coloured dry bags will help keep all of your kit organised while paddling.

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



Water and Hydration: Water bottles are fine for when paddling. A couple of 1L durable water bottles in your boat will do you well.

Eating Utensils:

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

Matches/Lighter: Vital for lighting your stove (Trangia) so make sure you waterproof them well so they don't get wet!

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. Waterproof for Canoeing!

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. A small travel towel would be beneficial to help dry off after paddling and a tea towel for drying the dishes!

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. The sunlight will reflect off the river and burn under your chin and nose so make sure you cover up! Midge repellent may be a well needed item.

Wash Kit: Containing all of your personal toiletries & medication. Toothbrush, toothpaste, loo roll, deodorant and wet wipes. Travel bottles of Dry Shower or Dry Shampoo could be a luxury.

Money: For the expedition you will not be in a position to purchase any food or drinks along the route. We do recommend that you bring a small amount of change for in an emergency.

Clothing and Footwear

Suitable Footwear: A good set of footwear will make any expedition much more enjoyable. There are several options when paddling.

- An old pair of trainers with waterproof socks. They give you support while moving the boats and would keep your feet dry. Sealskinz waterproof socks are good.
- Wellington boots are a great option for paddling.
- Watershoes are fine but they need to have a substantial sole to protect your feet from sharp objects.
- It is important that the footwear will stay on your feet if you were to capsize or get in the water.
- Bring a pair of trainers/ flip flops or crocs for around camp.

Socks: A couple of pairs of warm socks will keep your feet warm around camp and in bed.

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.
- The Berghaus RG Delta is a good option.

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.

Swimming Clothing: You will have to do a capsize drill on your training so please bring appropriate clothing to get wet in.

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 journeying:

- Footwear of choice
- Warm/waterproof Socks
- Underwear
- Base layer – 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
- Trousers/shorts – **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.
- Paddling gloves to keep your hands warm and dry.
- Spare clothing must be carried in your dry bags 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 kit so make sure you get the balance right.

Team Kit

Tent: We can supply your group with tents. However you are welcome to bring your own tent if you wish. You will need to check with an instructor before hand that your tent is suitable for use. The tents that we will supply will be the Vango Mirage 300.

Trangia Stove and Fuel: This is also an item that we will supply for all groups. The fuel type for these stoves will be gas. This is the recommended cooking set by DofE. It is a complete system of pots, burners and handles etc.



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

Survival Bag This is used to keep a casualty warm if they are cold or injured. We don't expect everyone to carry one of these but would certainly want one within your team. Lifesystems make a good, lightweight and reliable bag.

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@inspiredexpeditions.co.uk for more ideas.

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

Food type	Thoughts
Porridge oats	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 bad 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 — 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.

Food type	Thoughts
Pasta / Rice	Pasta or rice is a great option because as it is dehydrated (dry) it is 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.
Sauces	Add sauce if you like. 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. Most sauces are under 100 kcal/100g but black bean sauce 136 kcal/100g, see what you can find.
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' and 'Beyond the beaten track' 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!



Snacks

Food type	Thoughts
Super Trail Mix	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'.
Chocolate	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!
Custard / Jelly	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.
Sweets	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!
Dried Fruit	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'.



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. 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 loose 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.

