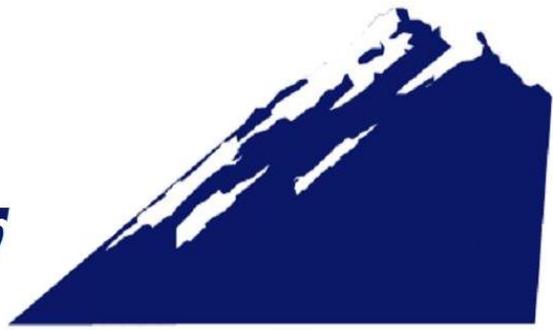


# *Inspired Expeditions*



## Edgbarrow Silver Paddling 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](http://www.inspiredexpeditions.co.uk)

[info@inspiredexpeditions.co.uk](mailto:info@inspiredexpeditions.co.uk)



# Welcome

**Welcome** to your Silver DofE program with Edgbarrow School and Inspired Expeditions. Our Silver paddling expeditions will allow you to see the amazing scenery of the local countryside and waterways while you develop your teamwork, navigation, paddling 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 email him or meet during school.

**Medical and Consent Form:** As part of your registration for DofE you will be sent a link (also below) to our online 'Medical and Consent Form' You will be required to fill this in online before the start of your expedition program. If you have any questions regarding the medical and consent form then please do not hesitate to contact us.

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

Password: edgbarrow

**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** of Tents, Trangia Stoves with fuel, Boats, Paddles, BA's, Maps, and Compasses. 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 expedition. **Dry bags** for each person will be automatically supplied by Inspired Expeditions on location for the training weekend. They will be given to Edgbarrow school for a kit issue at school prior to practice and assessment expeditions.

Edgbarrow School are able to supply **Personal Kit** of Roll Mat 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 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 the online medical consent form, it will ask you to clarify which out of the items, you need to borrow from school.

**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 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.

## Silver Summary

### Training & Practice– Inspired HQ, Marlow & River Thames

**Dates and Timings:** 3<sup>rd</sup> – 6<sup>th</sup> May 2018

**Drop off:** 3<sup>rd</sup> May @ 09:00 – Edgbarrow School

**Pick up:** 6<sup>th</sup> May @ 17:00 – Edgbarrow School

### Assessment – Norfolk Broad

**Dates and Timings:** 12<sup>th</sup> – 15<sup>th</sup> July 2018

**Drop off:** 12<sup>th</sup> July 12:30 @ Edgbarrow School

**Pick up:** 15<sup>th</sup> July 21:00 @ Edgbarrow School

**Routeplanning:** 2nd July 2018 at 15:30 at school,  
all participants MUST attend

*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.*



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[info@inspiredexpeditions.co.uk](mailto:info@inspiredexpeditions.co.uk)



# DofE Training & Practice

## When & Where

**Dates:** 3<sup>rd</sup> – 6<sup>th</sup> May 2018

**Drop off:** 3<sup>rd</sup> May @ 09:00 – Edgbarrow School

**Pick up:** 6<sup>th</sup> May @ 17:00 – Edgbarrow School

**Location:** Inspired Adventure Centre and River Thames

## 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 capsizing 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 Day 1** and **breakfast, lunch & dinner on 2 & 3 and breakfast & lunch on day 4.**
- 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 Assessed Expedition

## When & Where

**Route Planning :** 2<sup>nd</sup> July 2018 at 15:30 at school, the session will be open till 18:00 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”.

**Drop off:** 12<sup>th</sup> July @ 12:30 at Edgbarrow School

**Pick up:** 15<sup>th</sup> July @ 21:00 at Edgbarrow School

## **Final DofE Expedition Presentation:**

September 2018 18:30 TBC, 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 & dinner day 2** and **breakfast & lunch day 3**.
- 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](mailto:info@inspiredexpeditions.co.uk)

ITEM	GOT IT	PACKED IT
<b><u>Participant Kit</u></b>		
Waterproof Jacket		
Waterproof Trousers		
T-Shirts		
Min 2L of Water		
Eating Utensil/s		
Bowl / Plate		
Mug / Thermos		
Small Personal 1 <sup>st</sup> Aid Kit + survival bag per team		
Torch with batteries		
Whistle		
Watch		
Washing up kit (brillo pad & tea towel)		
Sun cream & Midge Repellent		
Personal Wash kit inc. toilet roll and a small travel towel		
Emergency Money (£5 in coins)		
Camp Footwear		
Warm socks		
Matches / Lighter		
Personal Medication		

ITEM	GOT IT	PACKED IT
<b><u>Participant Kit Cont.</u></b>		
1 x Fleece		
Trousers / shorts		
Underwear		
Warm Hat and Gloves		
Spare Warm Layer		
Bin Bags		
Swimming costume		
Water Shoes		
*Roll Mat		
*Sleeping Bag		

#### \* Items

These are able to be borrowed from Edgbarrow School for a fixed charge of £10 for up to 2 items. See Medical Consent Form / Registration form for this option.

ITEM	GOT IT	PACKED IT
<b><u>Team Kit</u></b>		
<b><u>Automatically Supplied by Inspired Expeditions</u></b>		
Tent		
Trangia & Fuel		
Maps & Compass		
Group Shelter		
All Boats & Equipment		
1 large and 2 small dry bags per person		

# Kit List Explained

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, Silver and Gold 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 you will need 3 dry bags this gives you the opportunity to carry all of your kit within the Canoe, without the fear of it getting wet.

**Sleeping Mat:** 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 use your hands at the same time. 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 paddling!

### **Washing up and Rubbish:**

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

**Towel:** For the expeditions a small travel towel would be beneficial to help dry off 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 might be a good shout.

**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 cros 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 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 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 system of DofE and is complete with pans, burner and handles. This will be your 1 stop cooking pot!



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

**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 1 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@inspirexpeditions.co.uk](mailto:info@inspirexpeditions.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), 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!



## 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 loose space in your rucksack. Not great as a substantial meal on its own.
<b>NUTS</b>	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.

