






	Breakfast	Lunch	Tea	Snacks
Day 1	<p>Have a filling breakfast at home before you leave for expedition</p>	<p>This can be a packed lunch</p> 	<p>Something hot, nutritious and filling. You have plenty of time so plan a nice meal.</p> 	<p>Things that will keep you going and keep your morale up / something to share with the group</p>
Day 2	<p>Something that will give you the energy for the day.</p> 	<p>This can be a packed lunch</p> 	<p>Tea at home 😊</p>	<p>Things that will keep you going and keep your morale up / something to share with the group</p> 

Tip – boil in the bag meals are easy to use, are tasty (ish) and provide you with the energy you need – however you can add to them or do even better by planning and cooking your own meal using fresh ingredients.

