







	Breakfast	Lunch	Tea	Snacks
Day 1	Have a filling breakfast at home before you leave for expedition	This can be a packed lunch 	Something hot, nutritious and filling. You have plenty of time so plan a nice meal. 	Things that will keep you going and keep your morale up / something to share with the group
Day 2				Things that will keep you going and keep your morale up / something to share with the group 
Day 3	Something that will give you the energy for the day. 	This can be a packed lunch 	Tea at home ☺	Things that will keep you going and keep your morale up / something to share with the group 



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.