

Maze Presbyterian Church

Food for Expeditions

- Eat high Energy foods - high in Carbohydrates (sugar and starch)
- Use 'camping ready meals' that just require heating in a pot of boiling water
- Avoid food that will go off in the heat- **NO RAW MEAT**
- Avoid tinned food and remove excess packaging

REMEMBER TO DRINK PLENTY OF WATER

- Drink lots of water; 5-8 litres a day
- Avoid fizzy drinks- they cause dehydration; leading to tiredness and reduced energy
- Drink more in hot weather
- Drink fresh water before leaving and on return to the campsite. Sip water continually during the day.
- Consider adding a glucose powder/tablet to your water

Breakfast:

Camping ready meal cooked Breakfast (available from Cotswold)

Cereal/ porridge pots

Bread (pancakes/ bagels/ soda/ potato bread/ malt loaf)

Lunch:

Sandwiches/ Fruit cake/ malt loaf

Dried fruit/ Biscuits/ oatmeal bars/ energy bars/ Jelly

Snacks:

Sweets/ energy bars

Dinner:

One meal **must** be cooked per day

Cuppa soup (starters)

Camping ready meals (available from Cotswold)

Dessert eg: cake/ custard ready meal (available from Cotswold)

Cooking stoves must never be used in the tent or porch. They must be at least 1m from tent.