

Expedition Handout campcraft key points: 2

Food

Tip

Crackers and Pita Bread keep better in your rucksack than regular bread

Choose food that does not need to be kept cool, is light to carry and give you plenty of energy (during an expedition you will need 4,000 calories per day). **Do not take tins** - they are heavy to carry and pose disposal problems.

Always try the food you are taking before the expedition so that you know you like it and you know how to cook it.

Write a menu - this ensures that you take everything you need without carrying stuff you don't need.

Don't just take full packets of everything - weigh out individual portions and count things out.

Prepared meals from outdoor shops are good because they provide everything you need but do not take long to cook - however you pay more for the convenience.

Tip

If you need to use milk take powdered or UHT carton milk

Cooking

Tip

When frying line the pan with tin foil to save on washing up

get everything ready before you light your cooker so that you don't waste fuel.

Put water in the pans once you have finished cooking so that it is easier to clean

Safety

Always keep spare cooker fuel well away from the lighted cooker.

Make sure your cooker is at least 3 metres from any tent.

Never leave a lighted cooker unattended.

Wait until the cooker burner is cool enough to touch before refuelling.

Always extinguish the flame as soon as you have finished cooking.

Make sure you cook food thoroughly.

Always wash cooking/eating equipment thoroughly.

