



Meal Information & Suggestions for Duke of Edinburgh

Important Information

- **Stoves** | Somerset supplies methylated fuel stoves (with fuel & matches) for use at breakfast & dinner; no cooked lunches please. The stoves are suitable for 3-4 people to share and come with two pots and a pan. Cooking groups will be finalised at camp.
- **Mess Kit** | You will need to bring a mess-kit (cutlery, plate/bowl, mug) to eat your meals. Bring only the bare minimum and choose meals that support this.
- **Knives, Cleaning Products, etc** | Each group will be provided with a kit for general use. The kit contains knives, chopping board, liquid and sponges, etc
- **Water** | You are required to have the capacity to carry 3 litres of water in minimum of 2 canisters (bottles or water bladders), in the case that one breaks you have a spare. Bottles/water bladders can be filled at camp. Water purification products are not required.
- **Emergency Rations** | An emergency meal is required in case of unexpected delays. Emergency food should be high in energy and not require cooking. (eg. muesli bars & small tin spaghetti/baked beans).
- **! Nut Free Camp** | Somerset is a 'nut-aware' camp. Please do not bring whole nuts or peanuts or nut/peanut products to camp, including almond milk. The 'may contain traces of nuts / peanuts' warning on foods are ok.

Meal Requirements

Please bring meals and snacks for the duration of your expedition, as well as a small emergency meal. Please see below the meal requirements for the different AJs:

Bronze AJs

Combo 3 days/2 nights	
Please Bring	1x Breakfast - 3x Lunches - 1x Dinner - sufficient snacks and small emergency meal.
Somerset Provides	Day 1 Dinner, Dessert & Supper & Day 2 Breakfast.
Qualifying 2 days/1 night	
Please Bring	1x Breakfast - 2x Lunches - 1x Dinner - sufficient snacks and small emergency meal.

Silver AJs

Combo 5 days/4 nights	
Please Bring	3x Breakfasts - 5x Lunches - 3x Dinners - sufficient snacks and small emergency meal.
Somerset Provides	Day 2 Dinner, Dessert & Supper & Day 3 Breakfast.
Practice 2 days/1 night	
Please Bring	1x Breakfast - 2x Lunches - 1x Dinner - sufficient snacks and a small emergency meal.
Qualifying 3 days/2 nights	
Please Bring	2x Breakfasts - 3x Lunches - 2x Dinners - sufficient snacks and a small emergency meal.

Gold AJs

Combo 6 days/5 nights	
Please Bring	4x Breakfasts - 6x Lunches - 4x Dinners - sufficient snacks and a small emergency meal.
Somerset Provides	Day 2 Dinner, Dessert & Supper & Day 3 Breakfast.
Practice 2 days/1 night	
Please Bring	1x Breakfast - 2x Lunches - 1x Dinner - sufficient snacks and a small emergency meal.
Qualifying 4 days/3 nights	
Please Bring	3x Breakfasts - 4x Lunches - 3x Dinners - sufficient snacks and a small emergency meal.

Meal Suggestions

Breakfast Ideas

- **Cereal:** Weet-Bix, muesli and porridge varieties are light-weight, but also filling and full of energy
- **Milk:** Long-life in small single use cartons, or powdered milk that can be portioned into zip-lock bags
- **Fruit:** Fresh, dried or cups – Be careful of fresh fruits that squash easily like bananas
- **Hot Chocolate** or **Black/Fruit Tea** or **Coffee**

Lunch Ideas

Start with **bases**, such as...

- **Flat breads:** Mountain bread, tortilla wraps, and Lebanese bread are suitable
- **Crackers:** Vita-wheats and Cruskits – but be careful they don't get too squashed

Then consider **fillings**, such as...

- **Shelf Stable / Long-life Cheese:** Comes in the form of sticks or wedges
- **Tuna/Salmon/Chicken:** Tins or sachets – consider a variety with minimal liquid
- **Vegetables:** Tomato and cucumber are popular options
- **Shelf Stable / Long-life Meats:** Salami and Beef Jerky
- **Chickpeas/Beans/etc:** Tins or Sachets – flavoured, with added veggies, etc
- **Spreads:** Vegemite, Honey (Somerset is a **nut-aware** camp, please do **not** pack Peanut Butter or Nutella, etc).

Dinner Ideas

- **Rice, Noodles** or **Pasta:** Are a good base with a few extra ingredients, such as:
 - carrots, onion and celery
 - tuna/salmon/chicken/lentils/beans – available in tins and sachets
 - freeze-dried mince or chicken
 - stir-fry sauce (a small pouch, tub or squeeze a small amount into a zip-lock bag/small tub)
- **Supermarket Heat-n-Go Meals:** For example, meat and rice ready-meals, soup pouches. Several supermarket meals often require microwaving, however boiling them in the bag or heating the contents over a stove is suitable. Be mindful of the weight of these, some are quite heavy, and remove any superfluous packaging before packing.
- **Freeze-Dried Meals:** Lightweight and easy, just add boiling water. Good as your emergency meal – available from our [Online Store](#)

Desert Ideas

- **Damper:** Flour and water for the dough. Cook on a stick over the campfire embers
- **Chocolate / Carob Bars:** Yum! (must be nut-free)
- **Marshmallows:** Toasted, the best!
- **S'mores:** Biscuits, chocolate, melted marshmallow sandwiches – with the help of a camp fire
- **Hot Chocolate** or **Black/Fruit Tea** or **Coffee:** Great for winter!

Snack Ideas

- **Muesli** or **Snack Bars:** look for oatly, filling varieties with not too much sugar (must be nut-free)
- **Trail-mix:** Include dried fruit, seeds, choc chips, soy crisps, jelly lollies (must be nut free)
- **Fresh** or **Dried Fruit:** Oranges & apples if fresh or dried apples, sultanas, apricots, prunes, mango, banana chips etc
- **Fresh Vegetables:** Carrots and snow peas – great to munch on while you walk
- **Chocolate:** Careful of melting during the day
- **Lollies:** Don't overdo it but a little treat can lift spirits, great for sharing too!
- **Hot Chocolate, Tea** or **Coffee:** Great for winter!
- **Powdered Cordials:** Tang, Vita-fresh, Powerade – good for hot summer day and longer expeditions
- **Pretzels/Soy Crisps:** A bit of salt is good – especially for any muscle cramps after a long day of hiking/paddling

Rules of Thumb

When choosing your expedition meals there are certain rules of thumb you should follow - meals should:

1. **Be light-weight**
2. **Be nutritious**
3. **Be non-perishable**
4. **Have all excess packaging removed**
5. **Ideally require very little time & equipment to prepare**
6. **Not be easily squashed or broken**
7. **Be food that you like & will fill you up**
8. **Not contain nuts or peanuts**

Visit our website [Blog Page](#) to find some Expedition Eats recipe ideas!

When packing food, we highly recommend zip-lock bags (reusable ones) for dividing into days and/or meals portions.