

Stoves and Food for DofE.



Trangia stove with 2 pans, pan handle and gas burner as shown here. You can make the pan lid into a frying pan but as bacon and sausage cannot be stored safely then we don't recommend frying. Cleaning also has to be born in mind.



Please bring something to have a drink in while you are out as you will not pass shops and on your qualifying you cannot buy anything.

Water can be in a drinks bottle, or you can bring 2 x 550ml bottles to have water in. We refill water bottles as you go from water containers in supervisors cars or sometimes we have to carry water to you.

You can bring the small squirty concentrated juice if you don't like water on its own although it is healthier for you.

Food should be:

- ❖ **Ready to heat and eat.**
- ❖ **Fast cooking time.**
- ❖ **Nothing that needs to go in a fridge.**
- ❖ **Light and easy to carry.**
- ❖ **Wide range of meals you could not otherwise have.**
- ❖ **Not fried.**
- ❖ **No jars as they break.**
- ❖ **You can cook as an individual or in your group. Remember you will be sharing a stove so if you cook individual it will need to be washed before the next person can use it.**

Bronze DofE Food suggestions.

Saturday Breakfast – this will be at home so please have something, toast, cereal, jam butty, bacon butty or a full English!

You will travel to the campsite so have a snack and drink ready for when you arrive there.

You will be walking with all your kit from then on.

Saturday Packed Lunch – brought with you.

Drink

Crisps and snacks from home

Sandwiches,

Pies, sausage rolls to be eaten on the day and not kept overnight as they will make you sick and go off quickly!

Biscuits etc

Saturday Tea – evening meal.

You will cook this yourself with supervision of staff. You will have walked all day and used about 4000 calories so stock up – an empty sack does not stand.

You will have 2 pans to use with your stove.

Anything you can buy on a supermarket shelf.

Suggestions:

Cup a soup to start as you may be cold after working hard walking and stopping.

Pasta in sauce, cheese, tomato, etc (1 packet for one person)

Couscous in packets

Noodles (not just a pot noodle – this is counted as a snack and needs to be with something else to count as a meal)

Pasta

Packet potato mash.

Rice – either savoury or microwaveable that you can also boil.

Tins of curry, meatballs, chilli, steak, tuna, chicken, etc.

Pepperoni in vacuum packets,

Vacuum packed breads, naan, pitta, sandwich thins,

Rice, semolina pudding,

Packet custard
Cake,
Fruit loaf
Pancake wraps with sweet filling.
Biscuits

Supper

Hot drink made with water and biscuits, chocolate etc.

Sunday Breakfast –

Warburton's fruit pancakes
Long life croissants, Choco pains, wraps,
Porridge pots
Dried fruit and nuts to go in porridge pots.
Beans and sausage in a tin
All day breakfast in a tin
Jam butties will keep overnight if needed.
Cereal and breakfast bars (not just dried cereal as you have no milk and they have to be eaten with a fluid).
Hot drink made with water.
Fruit cordial.

Sunday Lunch – Food that does not require cooking and refrigeration.

Sandwich thins
Pitta bread
Naan bread
Digestive biscuits
Oatcakes
Wraps
Premade cheese sandwiches or jam butties keep both may get squashed though!
Fillings Primula cheese, potted spread, cheese strings, tuna or pepperoni from the supermarket shelf,
Screen fruit bread
Crisps
Snacks
Drinks bottles saved from the day before.

There is a menu plan to prepare as well and if cooking together makes a shopping list so the cost can be shared.

Sunday Tea is at home.