

Expedition Meal Guidance for a typical Ten Tors training weekend

Snacks: Plentiful supply of snacks for the whole weekend. This should not be exclusively sugary sweets / chocolate. Advisable items would be snacks that would provide sustained energy release such as cereal bars, flapjack, oatcakes, nuts.

Breakfast day 1: A substantial meal either eaten before leaving home or something suitable that could be eaten on the journey such as sandwiches/rolls

Lunch day 1: A substantial balanced packed lunch

Evening meal day 1: Something that can be cooked easily on a camping stove. Advisable to avoid things that take a long time to cook. Pasta or quick cook rice dishes would be advisable. Meal choices that might result in difficult to clean pots should be avoided.

Breakfast day 2: A substantial meal that must include something hot. Porridge is advised – some varieties are designed for just adding hot water. Tinned food, eg beans and sausages, could be an option. Normal cooked breakfast not advised due to messiness, time constraints and potential spoiling of food carried unrefrigerated. A hot meal in the morning is a requirement that is closely checked on the Ten Tors challenge event itself and students must therefore show willingness in this area if they wish to earn a place on one of the teams.

Lunch day 2: A substantial balanced packed lunch. Avoid sandwich fillings and items that may spoil if left unrefrigerated.

Spare emergency rations: Students should carry a separately wrapped and sealed selection of high energy food items, including something cookable, to cover the eventuality that, in an emergency situation, they may be stranded on the moor significantly beyond the anticipated finish time. Spare emergency rations are a requirement on the Ten Tors event itself, so packing and carrying them is also good event practice for the students.