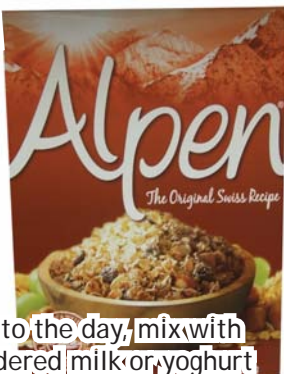


## Make a Menu

Muesli



Great start to the day, mix with water, powdered milk or yoghurt

Energy per 100g ..... 377 Kcal  
Energy / portion (45g) ..... 170 Kcal  
Durability ..... 4/5  
Health Factor ..... 4/5  
Convenience ..... 9/10

1

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## Make a Menu

Baked Beans



Quick, easy, tasty, but really heavy

Energy per 100g ..... 45 Kcal  
Energy / portion (1/2 tin) .. 90 Kcal  
Durability ..... 5/5  
Health Factor ..... 3/5  
Convenience ..... 6/10

2

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## Make a Menu

Bananas



Everyone loves bananas but they are a bit too delicate. Try and get dried bananas

Energy per 100g ..... 85 Kcal  
Energy / portion ..... 102 Kcal  
Durability ..... 1/5  
Health Factor ..... 5/5  
Convenience ..... 9/10

3

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## Make a Menu

Chocolate filled crepes



Really tasty, individually wrapped, can get a bit much

Energy per 100g ..... 456 Kcal  
Energy / portion ..... 146 Kcal  
Durability ..... 2/5  
Health Factor ..... 2/5  
Convenience ..... 9/10

4

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## Make a Menu

Cup a soup



Really easy to carry a few but a bit of hassle to make for the benefits

Energy per 100g ..... 405 Kcal  
Energy / portion ..... 81 Kcal  
Durability ..... 5/5  
Health Factor ..... 3/5  
Convenience ..... 7/10

5

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## Make a Menu

Dates



Snack on Dried Fruit, but dates have less protein than most

Energy per 100g ..... 287 Kcal  
Energy / portion (25g) ..... 72 Kcal  
Durability ..... 5/5  
Health Factor ..... 3/5  
Convenience ..... 10/10

6

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## Make a Menu

Dolmio sachet



If you're having plain pasta then spice it up with this, Tastes good but heavy

Energy per 100g ..... 50 Kcal  
Energy / portion (1/2 pack) 85 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 6/10

7

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## Make a Menu

Dried Apricots



Snack on Dried Fruit

Energy per 100g ..... 165 Kcal  
Energy / portion (25g) ..... 41 Kcal  
Durability ..... 5/5  
Health Factor ..... 5/5  
Convenience ..... 10/10

8

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## Make a Menu

Fruit  
Flakes



Flakes of Dried Fruit

Energy per 100g ..... 330 Kcal  
Energy / portion (20g) ..... 66 Kcal  
Durability ..... 5/5  
Health Factor ..... 3/5  
Convenience ..... 10/10

9

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## Make a Menu

Hot  
Chocolate



Quick, easy, sugary hot drink

Energy per 100g ..... 400 Kcal  
Energy / portion ..... 40 Kcal  
Durability ..... 5/5  
Health Factor ..... 1/5  
Convenience ..... 7/10

10

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## Make a Menu

Nut  
Muesli  
Bars



Muesli and  
nut bars

Energy per 100g ..... 478 Kcal  
Energy / portion ..... 260 Kcal  
Durability ..... 3/5  
Health Factor ..... 3/5  
Convenience ..... 10/10

11

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## Make a Menu

Loyd  
Grossman  
pasta  
sauce



Bit more expensive but a bit more  
energy than the dolmio version

Energy per 100g ..... 83 Kcal  
Energy / portion (1/2 pack) 62 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 6/10

12

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## Make a Menu

Dried  
pasta



Boring but a staple. Sixty million  
Italians can't be wrong

Energy per 100g ..... 354 Kcal  
Energy / portion (100g) ..... 354 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 6/10

13

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## Make a Menu

Dried  
Mango



Surely the undisputed king of  
dried fruit

Energy per 100g ..... 330 Kcal  
Energy / portion (25g) ..... 80 Kcal  
Durability ..... 5/5  
Health Factor ..... 5/5  
Convenience ..... 10/10

14

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## Make a Menu

Mars  
bars



It is just sugar really

Energy per 100g ..... 450 Kcal  
Energy / portion ..... 260 Kcal  
Durability ..... 1/5  
Health Factor ..... 1/5  
Convenience ..... 10/10

15

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## Make a Menu

Nutri-  
Grain



Fruity snack bars

Energy per 100g ..... 359 Kcal  
Energy / portion ..... 133 Kcal  
Durability ..... 3/5  
Health Factor ..... 3/5  
Convenience ..... 10/10

16

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## Make a Menu

Oat  
Cakes



These are not cakes!! But they are good hiking food

Energy per 100g ..... 421 Kcal  
Energy / portion (3 'cakes') 141 Kcal  
Durability ..... 1/5  
Health Factor ..... 5/5  
Convenience ..... 9/10

17

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## Make a Menu

Pasta 'n'  
sauce



Quick, easy, and tastes OK. Not great but OK

Energy per 100g ..... 396 Kcal  
Energy / portion (1 pack) ... 518 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 6/10

18

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## Make a Menu

Salted  
peanuts



Full of fat, and protein. Don't only eat these, but can form part of a well balanced (walkers) diet

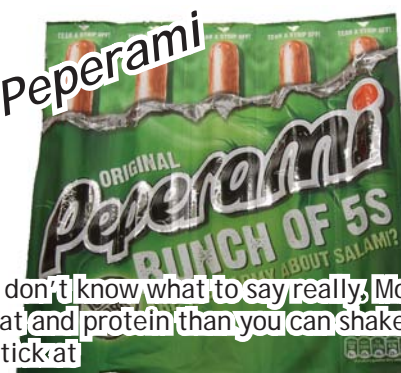
Energy per 100g ..... 590 Kcal  
Energy / portion (50g) ..... 295 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 10/10

19

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## Make a Menu

Peperami



I don't know what to say really. More fat and protein than you can shake a stick at

Energy per 100g ..... 500 Kcal  
Energy / portion ..... 126 Kcal  
Durability ..... 4/5  
Health Factor ..... 2/5  
Convenience ..... 9/10

20

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## Make a Menu

Pita  
bread



Flat bread is better than rolls as it takes less space but can go a bit hard and stale

Energy per 100g ..... 268 Kcal  
Energy / portion ..... 187 Kcal  
Durability ..... 2/5  
Health Factor ..... 2/5  
Convenience ..... 8/10

21

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## Make a Menu

Porridge



The breakfast of champions (if you can stomach it)

Energy per 100g ..... 400 Kcal  
Energy / portion (+ milk) ... 170 Kcal  
Durability ..... 4/5  
Health Factor ..... 5/5  
Convenience ..... 7/10

22

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## Make a Menu

Pot  
Noodle



They are a bit of a cop out but if you have no better ideas then they can have a role as part of your menu

Energy per 100g ..... 378 Kcal  
Energy / portion ..... 340 Kcal  
Durability ..... 2/5  
Health Factor ..... 2/5  
Convenience ..... 8/10

23

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## Make a Menu

Sardines



Maybe OK in small quantities as a treat for if you want a healthy oils and protein hit

Energy per 100g ..... 130 Kcal  
Energy / portion ..... 98 Kcal  
Durability ..... 5/5  
Health Factor ..... 5/5  
Convenience ..... 8/10

24

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## Make a Menu

Snickers



A bit more protein than a Mars due to the peanuts I guess

Energy per 100g ..... 511 Kcal  
Energy / portion ..... 296 Kcal  
Durability ..... 1/5  
Health Factor ..... 1/5  
Convenience ..... 10/10

25

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## Make a Menu

Super  
noodles



Super by name...

Energy per 100g ..... 500 Kcal  
Energy / portion ..... 500 Kcal  
Durability ..... 3/5  
Health Factor ..... 2/5  
Convenience ..... 6/10

26

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## Make a Menu

Stir fry  
sauce



Use it as a stir fry or just a different pasta sauce

Energy per 100g ..... 123 Kcal  
Energy / portion ..... 148 Kcal  
Durability ..... 4/5  
Health Factor ..... 1/5  
Convenience ..... 6/10

27

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## Make a Menu

Wayfarer  
all day  
breakfast



Boil in the bag  
breakfast  
Tasty, easy but heavy

Energy per 100g ..... 135 Kcal  
Energy / portion ..... 405 Kcal  
Durability ..... 4/5  
Health Factor ..... 2/5  
Convenience ..... 8/10

28

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## Make a Menu

Travel  
Lunch  
Bacon and  
potato



Dried food from the outdoors shop

Energy per 100g ..... 484 Kcal  
Energy / portion ..... 484 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 7/10

29

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## Make a Menu

Travel  
Lunch Beef  
and potato



Dried food from outdoor shops.  
Lighter than an boil in the bag

Energy per 100g ..... 448 Kcal  
Energy / portion ..... 560 Kcal  
Durability ..... 4/5  
Health Factor ..... 4/5  
Convenience ..... 7/10

30

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## Make a Menu

Travel  
Lunch Pasta  
and sauce



Pricier than a pasta 'n' sauce from a supermarket but BIGGER

Energy per 100g ..... 357 Kcal  
Energy / portion ..... 446 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 7/10

31

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## Make a Menu

Travel  
Lunch Rice  
pudding



You will be suffering enough without making yourself eat rice pudding.

Energy per 100g ..... 358 Kcal  
Energy / portion ..... 385 Kcal  
Durability ..... 5/5  
Health Factor ..... 3/5  
Convenience ..... 7/10

32

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## Make a Menu

Fruit  
and Nut  
trail mix



Great snacking food

Energy per 100g ..... 453 Kcal  
Energy / portion (50g) ..... 227 Kcal  
Durability ..... 4/5  
Health Factor ..... 4/5  
Convenience ..... 10/10

33

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## Make a Menu

Uncle Bens  
Mushroom  
rice



Semi cooked rice so heavier  
than the real thing. But it  
takes less time to cook

Energy per 100g ..... 156 Kcal  
Energy / portion (1/2 pack) 195 Kcal  
Durability ..... 4/5  
Health Factor ..... 2/5  
Convenience ..... 6/10

34

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## Make a Menu

Uncle Bens  
Thai sweet  
chilli rice



Semi cooked rice so heavier  
than the real thing. But it  
takes less time to cook

Energy per 100g ..... 148 Kcal  
Energy / portion (1/2 pack) 178 Kcal  
Durability ..... 4/5  
Health Factor ..... 2/5  
Convenience ..... 6/10

35

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## Make a Menu

Uncle Bens  
Mexican  
Bean rice



Semi cooked rice so heavier  
than the real thing. But it  
takes less time to cook

Energy per 100g ..... 155 Kcal  
Energy / portion (1/2 pack) 194 Kcal  
Durability ..... 4/5  
Health Factor ..... 2/5  
Convenience ..... 6/10

36

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## Make a Menu

Wayfarer  
Beans and  
sausages



Boil in the bag meal  
from an outdoor shop

Energy per 100g ..... 154 Kcal  
Energy / portion ..... 462 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 8/10

37

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## Make a Menu

Wayfarer  
Chilli con  
carne



Boil in the bag meal from  
an outdoor shop

Energy per 100g ..... 145 Kcal  
Energy / portion ..... 435 Kcal  
Durability ..... 4/5  
Health Factor ..... 3/5  
Convenience ..... 8/10

38

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## Make a Menu

Wayfarer  
treacle  
pudding



Boil in the bag pudding from an  
outdoor shop. More Calories than a  
wayfarer main meal and tastier

Energy per 100g ..... 340 Kcal  
Energy / portion ..... 680 Kcal  
Durability ..... 3/5  
Health Factor ..... 1/5  
Convenience ..... 8/10

39

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## Make a Menu

Wraps



Nicer but more fragile  
alternative to pita's

Energy per 100g ..... 294 Kcal  
Energy / portion (2 wraps) . 235 Kcal  
Durability ..... 2/5  
Health Factor ..... 2/5  
Convenience ..... 9/10

40

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## Make a Menu

Apples



Not much energy but good for you

Energy per 100g ..... 47 Kcal  
Energy / portion (100g) ..... 47 Kcal  
Durability ..... 3/5  
Health Factor ..... 5/5  
Convenience ..... 10/10

41

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## Make a Menu

Carrots



Not much energy but nutritious and last well

Energy per 100g ..... 22 Kcal  
Energy / portion (100g) ..... 22 Kcal  
Durability ..... 3/5  
Health Factor ..... 5/5  
Convenience ..... 10/10

42

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## Make a Menu

Boil in the  
bag curry  
Dal



Available from Asian supermarkets

Energy per 100g ..... 92.8 Kcal  
Energy / portion (1 curry) .. 260 Kcal  
Durability ..... 5/5  
Health Factor ..... 4/5  
Convenience ..... 8/10

43

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## Make a Menu

Boil in the  
bag curry  
Biryani



Available from Asian supermarkets

Energy per 100g ..... 150 Kcal  
Energy / portion (1 pack) ... 375 Kcal  
Durability ..... 5/5  
Health Factor ..... 4/5  
Convenience ..... 8/10

44

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## Make a Menu

Croissant



Great for day 1 lunch or day 2  
breakfast at a push

Energy per 100g ..... 440 Kcal  
Energy / portion ..... 297 Kcal  
Durability ..... 2/5  
Health Factor ..... 2/5  
Convenience ..... 10/10

45

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## Make a Menu

Pain au  
chocolate



Great for day 1 lunch or day 2  
breakfast at a push

Energy per 100g ..... 427 Kcal  
Energy / portion ..... 297 Kcal  
Durability ..... 2/5  
Health Factor ..... 2/5  
Convenience ..... 10/10

46

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## Make a Menu

Fig Rolls



An absolute classic of the hiking food  
genre

Energy per 100g ..... 374 Kcal  
Energy / portion (2 rolls) ... 135 Kcal  
Durability ..... 3/5  
Health Factor ..... 3/5  
Convenience ..... 10/10

47

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## Make a Menu

Jamaica  
Cake



No I bought it from a shop

Energy per 100g ..... 364 Kcal  
Energy / portion (1/4 cake) 182 Kcal  
Durability ..... 3/5  
Health Factor ..... 3/5  
Convenience ..... 9/10

48

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## Make a Menu

Look  
what we  
found



Really tasty but not much energy for the weight

Energy per 100g ..... 77 Kcal  
Energy / portion ..... 208 Kcal  
Durability ..... 5/5  
Health Factor ..... 4/5  
Convenience ..... 8/10

49

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## Make a Menu

Look what  
we found



Really tasty but not much energy for the weight

Energy per 100g ..... 107 Kcal  
Energy / portion ..... 289 Kcal  
Durability ..... 5/5  
Health Factor ..... 4/5  
Convenience ..... 8/10

50

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## Make a Menu

Ryvita



Healthy cardboard. Loads more energy per g than bread

Energy per 100g ..... 370Kcal  
Energy / portion (2 slices) .. 88 Kcal  
Durability ..... 2/5  
Health Factor ..... 5/5  
Convenience ..... 9/10

51

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## Make a Menu

Cheddar  
cheese



Full of fat and therefore energy

Energy per 100g ..... 390 Kcal  
Energy / portion (50g) ..... 195 Kcal  
Durability ..... 3/5  
Health Factor ..... 3/5  
Convenience ..... 9/10

52

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## Make a Menu

Mushroom  
and Bulgur  
Wheat



Bulgur Wheat - Something different I guess.

Energy per 100g ..... 353 Kcal  
Energy / portion ..... 530 Kcal  
Durability ..... 5/5  
Health Factor ..... 4/5  
Convenience ..... 7/10

53

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## Make a Menu

Si's Mixed  
Bean  
Chilli



Dried Veggi meal but takes 18 minutes to cook

Energy per 100g ..... 321 Kcal  
Energy / portion ..... 289 Kcal  
Durability ..... 4/5  
Health Factor ..... 4/5  
Convenience ..... 5/10

54

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## Make a Menu

Haribo



Not really food

Energy per 100g ..... 340 Kcal  
Energy / portion (80g) .. 272 Kcal  
Durability ..... 5/5  
Health Factor ..... 1/5  
Convenience ..... 10/10

55

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## Make a Menu

Malt  
loaf



Another 'old school' staple of the hiking world

Energy per 100g ..... 302 Kcal  
Energy / portion (1/5) .. 160 Kcal  
Durability ..... 5/5  
Health Factor ..... 4/5  
Convenience ..... 9/10

56

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## Make a Menu

Raisins



Great for turning porridge into something approaching a foodstuff

Energy per 100g ..... 289 Kcal  
Energy / portion (50g) .. 145 Kcal  
Durability ..... 4/5  
Health Factor ..... 5/5  
Convenience ..... 9/10

57

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## Make a Menu

School Bars (fruit)



More processed dried fruit

Energy per 100g ..... 337 Kcal  
Energy / portion ..... 67 Kcal  
Durability ..... 4/5  
Health Factor ..... 4/5  
Convenience ..... 9/10

58

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## Make a Menu

Soreen Banana Loaf



More sugar, more fat and less protein than the malt loaf. Not as 'healthy' but maybe better for our purposes

Energy per 100g ..... 313 Kcal  
Energy / portion (1/5) .. 178 Kcal  
Durability ..... 5/5  
Health Factor ..... 3/5  
Convenience ..... 9/10

59

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## Make a Menu

Bachelors Savoury Rice



Dried rice with a 'Chinese' twist

Energy per 100g ..... 360 Kcal  
Energy / portion (1pk) .. 432 Kcal  
Durability ..... 5/5  
Health Factor ..... 4/5  
Convenience ..... 7/10

60

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## Make a Menu

Babybel



Cheese in manageable little packets

Energy per 100g ..... 304 Kcal  
Energy / portion ..... 61 Kcal  
Durability ..... 4/5  
Health Factor ..... 4/5  
Convenience ..... 9/10

61

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## Make a Menu

Squeeze & stir soup



Concentrated soup

Energy per 100g ..... 58 Kcal  
Energy / portion ..... 144 Kcal  
Durability ..... 5/5  
Health Factor ..... 3/5  
Convenience ..... 7/10

62

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## Make a Menu

Mixed Grains



Super healthy superfoods

Energy per 100g ..... 204 Kcal  
Energy / portion ..... 510 Kcal  
Durability ..... 5/5  
Health Factor ..... 5/5  
Convenience ..... 7/10

63

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## Make a Menu

Baxters Sweet Potato Dahl



A bit of an impractical pot, a bit heavy, not many calories but tasty

Energy per 100g ..... 77 Kcal  
Energy / portion ..... 308 Kcal  
Durability ..... 3/5  
Health Factor ..... 4/5  
Convenience ..... 7/10

64

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## Make a Menu

Loyd Grossman's Carbonara



Packets of pasta and bacon

Energy per 100g ..... 122 Kcal  
Energy / portion ..... 183 Kcal  
Durability ..... 5/5  
Health Factor ..... 3/5  
Convenience ..... 7/10

65

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## Make a Menu

Dolmio Bolognese Sauce



Tomato Sauce in a light weight packet

Energy per 100g ..... 55 Kcal  
Energy / portion ..... 83 Kcal  
Durability ..... 5/5  
Health Factor ..... 4/5  
Convenience ..... 7/10

66

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## Make a Menu

Chocolate Hobnobs in a tube



Great biscuits in a protective tube

Energy per 100g ..... 491 Kcal  
Energy / portion (4 biscuits) 380 Kcal  
Durability ..... 3/5  
Health Factor ..... 2/5  
Convenience ..... 9/10

67

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## Make a Menu

Jam in a plastic pot



The pot is a bit big but you can empty some of it out

Energy per 100g ..... 196 Kcal  
Energy / portion ..... 40 Kcal  
Durability ..... 4/5  
Health Factor ..... 2/5  
Convenience ..... 8/10

68

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## Make a Menu

Beanfeast Bolognese



It won't go off and tastes OK. One of the first mainstream foods to be adopted by expeditioners

Energy per 100g ..... 316 Kcal  
Energy / portion (1 pack) 774 Kcal  
Durability ..... 5/5  
Health Factor ..... 5/5  
Convenience ..... 7/10

69

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## Make a Menu

Beanfeast Mexican Chilli



It won't go off and tastes OK. One of the first mainstream foods to be adopted by expeditioners

Energy per 100g ..... 310 Kcal  
Energy / portion (1/2 pack) 759 Kcal  
Durability ..... 5/5  
Health Factor ..... 5/5  
Convenience ..... 7/10

70

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## Make a Menu

Bagels



Tough but tasty bread product

Energy per 100g ..... 226 Kcal  
Energy / portion (1 bagel) 203 Kcal  
Durability ..... 3/5  
Health Factor ..... 4/5  
Convenience ..... 7/10

71

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## Make a Menu

Jelly Babies



The staple diet of ultra distance runners

Energy per 100g ..... 335 Kcal  
Energy / portion (1/8 packet) 80 Kcal  
Durability ..... 4/5  
Health Factor ..... 1/5  
Convenience ..... 10/10

72

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## Make a Menu

Tuna in a  
sachet



All the goodness of oily fish without the weight of a tin

Energy per 100g ..... 165 Kcal  
Energy / portion ..... 140 Kcal  
Durability ..... 5/5  
Health Factor ..... 5/5  
Convenience ..... 7/10

73

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## Make a Menu

Tunnock's



Another cult classic for outdoor types

Energy per 100g ..... 448 Kcal  
Energy / portion ..... 134 Kcal  
Durability ..... 2/5  
Health Factor ..... 1/5  
Convenience ..... 10/10

74

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## Make a Menu

Blackfriars  
Flapjack



Chocolate flapjack, what is not to like.

Energy per 100g ..... 478 Kcal  
Energy / portion ..... 515 Kcal  
Durability ..... 3/5  
Health Factor ..... 3/5  
Convenience ..... 10/10

75

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## Make a Menu

Warburton  
Thins



Solid, pre sliced, little bread for sandwiches, more durable than normal bread.

Energy per 100g ..... 252 Kcal  
Energy / portion ..... 100 Kcal  
Durability ..... 2/5  
Health Factor ..... 4/5  
Convenience ..... 8/10

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## Make a Menu

Energy per 100g ..... Kcal  
Energy / portion ..... Kcal  
Durability ..... /5  
Health Factor ..... /5  
Convenience ..... /10

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## Make a Menu

Energy per 100g ..... Kcal  
Energy / portion ..... Kcal  
Durability ..... /5  
Health Factor ..... /5  
Convenience ..... /10

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## Other services from Lupine Adventure Co-operative



As well as our free expedition training resources we also offer the following services to schools, youth groups and individuals.

- Mountain Leader qualified Supervisors and Assessors to assist you on your expeditions.
- Expedition training courses for students in a residential setting or on your premises.
- Practice and qualifying expeditions for participants that you have trained.
- Open expeditions for those who missed out of their expedition or had to drop out due to injury or illness
- Lowland Leader Award and other Training on remote supervision and teaching navigation.
- Residential for gold candidates.



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## Make a Menu

These cards have been designed to assist participants of the Duke of Edinburgh's Award expedition to compare suitable foods that they may wish to take on their expedition.

Compare different types of foods and use the cards to make up a menu for a day.

The colour of the background to number denotes if the meal is usually an evening meal or a Breakfast / lunch / snack item for easy separation should you wish to focus on just the evening meal (for example).

These cards will be added to regularly and more free resources are available to download from our web site.

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