

Tip

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

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

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

Food

- Choose food that does not need to be kept cool, is light to carry and gives 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.

Cooking

- 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.

