

Duke of Edinburgh Award - Food Sheet Somerset

Food:

Food should be nutritious, lightweight, not bulky and easy to cook over a camp stove. It is your responsibility to plan and buy your own food and plan your own menu. Dehydrated foods and drinks are best for this as they are lightweight (you will be provided with one of these for Friday night).

Water:

Water is available for cooking at the campsite. So you will only need to carry drinking water. For advice on this visit the DoE office at any lunchtime.

You will be away for the following meals:

Thursday

Lunch - Please bring a packed lunch of sandwiches, crisps and a drink or something similar that can be eaten on the journey down to Somerset.

Dinner - We will be going out for dinner in Weston-Super-Mare on Thursday evening. Please bring about £5 to cover the cost of your meal. Or pack an alternative meal that you can prepare yourself at the campsite.

Friday

Breakfast – You should have your own breakfast. You will not need to carry this meal so it can be heavy and fairly bulky. Mr. Larman will be cooking a breakfast supplement.

Lunch – You will be eating lunch on Friday during your expedition. You will need to carry this meal and prepare it on the move. Check with your group to see what their plans are for Friday lunch. Maybe your group would like to schedule in a stop where you could light a stove.

Dinner – You will be preparing dinner in our second campsite. You will have plenty of time to cook your evening meal. You should **prepare something hot** and nutritious that will recharge your batteries after a day of walking and prepare you for Saturday. Please do not forget to pack warm drinks, chocolate bars and sweets for the evening to keep you happy and warm.

Saturday

Breakfast – You need to plan a warm meal to set you up for the day. You will have time to cook over a stove. This is officially an “expedition meal” and therefore Mr. Larman can not provide you with any breakfast on Saturday morning.

Lunch – You should have a lunch planned and packed. Although since you will finish the expedition shortly after lunch you may decide to have a snack lunch on the move and then buy a lunch in the town (Cheddar) once you have finished your expedition.

Dinner – We will be stopping in Cheddar during the afternoon and again at a motorway service station on the journey home. Both these occasions will present opportunities to buy a meal. You need to make sure that you have enough money left to buy yourself some food.