

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

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

Make a Menu

Bananas



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

Energy per 100g85 Kcal
Energy / portion102 Kcal
Durability.....1/5
Health Factor.....5/5
Convenience9/10

3

Make a Menu

Chocolate filled crepes



Really tasty, individually wrapped, can get a bit much

Energy per 100g456 Kcal
Energy / portion146 Kcal
Durability.....2/5
Health Factor.....2/5
Convenience9/10

4

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

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

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

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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

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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

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

Make a Menu



Muesli and
nut bars

Energy per 100g478 Kcal
Energy / portion260 Kcal
Durability.....3/5
Health Factor3/5
Convenience10/10

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Make a Menu



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

Energy per 100g83 Kcal
Energy / portion (1/2 pack) 62 Kcal
Durability.....4/5
Health Factor3/5
Convenience6/10

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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

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Make a Menu

Dried
Mango



Surely the un-
disputed 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

Make a Menu



It is just sugar really

Energy per 100g450 Kcal

Energy / portion260 Kcal

Durability.....1/5

Health Factor1/5

Convenience10/10

15

Make a Menu



Fruity snack bars

Energy per 100g359 Kcal

Energy / portion133 Kcal

Durability.....3/5

Health Factor3/5

Convenience10/10

16

Make a Menu

Oat
Cakes



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

Energy per 100g421 Kcal
Energy / portion (3 'cakes') 141 Kcal
Durability.....1/5
Health Factor5/5
Convenience9/10

17

Make a Menu

Pasta 'n'
sauce



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

Energy per 100g396 Kcal
Energy / portion (1 pack)...518 Kcal
Durability.....4/5
Health Factor3/5
Convenience6/10

18

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

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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

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Make a Menu



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

Energy per 100g268 Kcal
Energy / portion187 Kcal
Durability.....2/5
Health Factor2/5
Convenience8/10

21

Make a Menu



The breakfast of champions (if you can stomach it)

Energy per 100g400 Kcal
Energy / portion (+ milk) ...170 Kcal
Durability.....4/5
Health Factor5/5
Convenience7/10

22

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

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

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

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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

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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

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

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Make a Menu



Dried food from the outdoors shop

Energy per 100g484 Kcal
 Energy / portion484 Kcal
 Durability.....4/5
 Health Factor3/5
 Convenience7/10

29

Make a Menu



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

Energy per 100g448 Kcal
 Energy / portion560 Kcal
 Durability.....4/5
 Health Factor4/5
 Convenience7/10

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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 100g357 Kcal
 Energy / portion446 Kcal
 Durability.....4/5
 Health Factor3/5
 Convenience7/10

31

Make a Menu

Travel Lunch Rice pudding



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

Energy per 100g358 Kcal
 Energy / portion385 Kcal
 Durability.....5/5
 Health Factor3/5
 Convenience7/10

32

Make a Menu

Fruit and Nut trail mix



Great snacking food

Energy per 100g453 Kcal
Energy / portion (50g)227 Kcal
Durability.....4/5
Health Factor4/5
Convenience10/10

33

Make a Menu

Uncle Ben's Mushroom rice



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

Energy per 100g156 Kcal
Energy / portion (1/2 pack) 195 Kcal
Durability.....4/5
Health Factor2/5
Convenience6/10

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Make a Menu



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 Factor2/5
Convenience6/10

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Make a Menu



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 Factor2/5
Convenience6/10

36

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

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

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

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

Make a Menu

Apples



Not much energy but good for you

Energy per 100g47 Kcal

Energy / portion (100g)47 Kcal

Durability.....3/5

Health Factor5/5

Convenience10/10

41

Make a Menu

Carrots



Not much energy but nutritious and last well

Energy per 100g22 Kcal

Energy / portion (100g)22 Kcal

Durability.....3/5

Health Factor5/5

Convenience10/10

42

Make a Menu



Available from Asian supermarkets

Energy per 100g 92.8 Kcal

Energy / portion (1 curry) .. 260 Kcal

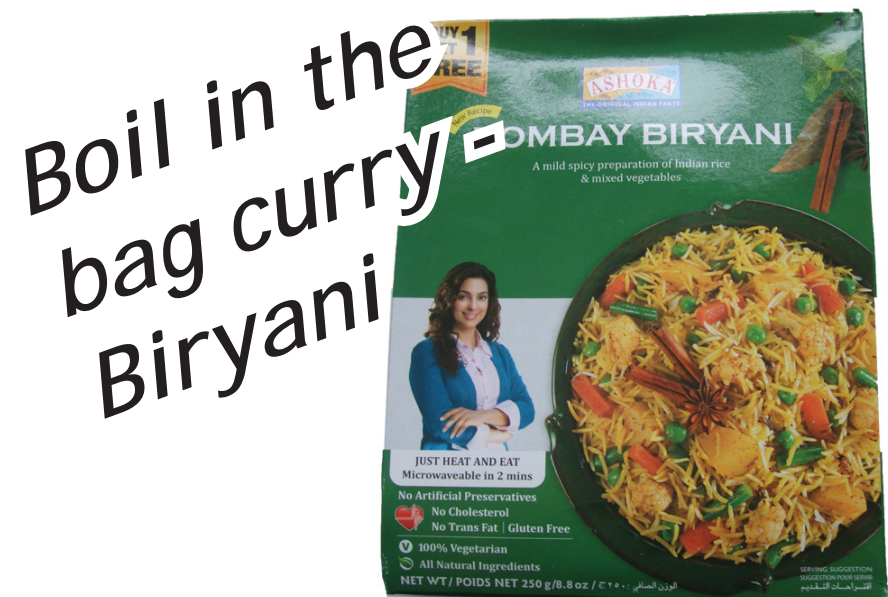
Durability..... 5/5

Health Factor 4/5

Convenience 8/10

43

Make a Menu



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

Make a Menu



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

Energy per 100g440 Kcal
Energy / portion297 Kcal
Durability.....2/5
Health Factor2/5
Convenience10/10

45

Make a Menu



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

Energy per 100g427 Kcal
Energy / portion297 Kcal
Durability.....2/5
Health Factor2/5
Convenience10/10

46

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

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

Make a Menu

Look
what we
found



Really tasty but not much energy for the weight

Energy per 100g77 Kcal
Energy / portion208 Kcal
Durability.....5/5
Health Factor.....4/5
Convenience8/10

49

Make a Menu

Look what
we found



Really tasty but not much energy for the weight

Energy per 100g107 Kcal
Energy / portion289 Kcal
Durability.....5/5
Health Factor.....4/5
Convenience8/10

50

Make a Menu



Healthy cardboard. Loads more energy per g than bread

Energy per 100g370Kcal
 Energy / portion (2 slices)..88 Kcal
 Durability.....2/5
 Health Factor5/5
 Convenience9/10

51

Make a Menu



Full of fat and therefore energy

Energy per 100g390 Kcal
 Energy / portion (50g)195 Kcal
 Durability.....3/5
 Health Factor3/5
 Convenience9/10

52

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

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

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

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

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

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

Make a Menu



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

Make a Menu



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

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

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

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

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

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

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

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

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

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

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

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 8/10

71

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

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

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

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

75

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

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Make a Menu

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.
- Residentials for gold candidates.

