

Food and Water

How much water should I carry?

2 litres. Although you will need to drink more when you get to the campsite to stay hydrated. As you need to be self-sufficient you should aim to carry all of the water you need for the day, although in hot weather we may meet you with extra water. You will be able to get more water at the campsite at the end of the day.

Will I need to purify water?

You will be able to get clean drinking water at the campsite. If you do need to purify water, this will be done by boiling it, and you will be prepared and trained for this beforehand.

How should I carry my water?

Plastic bottles are cheap, and adequate, but are difficult to access while walking. A platypus (or similar) hydration bladder allows you to drink on the move, but it is difficult to see how much water is gone. If you choose a hydration bladder, please carry 1litre in a separate bottle so that you can't accidentally drink it all before lunch time.

How will I cook at the campsite?

You will use a Trangia stove. These have a burner, stand, 2 pans, a lid and a handle. You will be trained in using them before you need to cook. You cannot fry, roast, oven cook or toast food using a Trangia, so careful menu choice is needed. Boil in the bag works well.

What food should I not bring?

Anything that needs to be kept in the fridge will go off on expedition and may cause food poisoning. Avoid meat, fish, and poultry. You will also need to avoid foods that other group members are allergic to – we will let you know if there is anything to be avoided for this reason.