

ACTIVITY WEEKEND FOOD LIST

The importance of food

Food is **broken down** by your body to **provide energy** and **produce waste** in a process called **metabolism**. When you increase your physical activity (like when you work harder), or when you are outside, or when it's cold, or when it's damp, your **metabolism increases**. This means you use **more energy** so you need **more food**.

FOOD = ENERGY + HEAT : You need energy to feed your brain and provide warmth. Low energy levels cause tiredness, headaches, reduced concentration, poor decision-making and increases your sensitivity to the cold. **Simple tasks become dangerous ...**

Food for Bivouac

The only food you will have to give you energy for 36 hours - between 6am Saturday and 6pm Sunday - is the food that you bring with you. You need enough food for two (cooked) lunches, one evening meal, one breakfast and snacks. You will probably end up dropping or burning some of your food - you are cooking without any pots or pans, tin foil or utensils - so please bring more than you think you need.

Required Foods

You need all of the foods in the table below, in at least the quantities listed. If needed, substitute any dislikes you have for additional likes.

| | | | |
|---|--|--|--|
| Water (in 5ltr plastic container) | | Small ½ltr bottle of Water | |
| 2 large Chicken breasts | | 300g (total) of Beef, Pork and Lamb | |
| 16 Bacon rashers | | 1 whole Fish (gutted Mackerel or Trout) | |
| 2 large baking Potatoes | | 2 Eggs | |
| 1 Cabbage or many large Cabbage leaves | | 3 large Fruits (e.g. Apples, Pears, Plums) | |
| 300g sweet Fruits (e.g. Raspberries, Strawberries, Blueberries, Blackberries, Rhubarb) | | | |
| 600g flour (with a big pinch of salt) for Bannocks and Twists - split in 3 zip lock bags of 200g each | | | |

Additional Foods

You need a broad selection of foods you like to eat from the list below - to make stick kebabs, add flavour to stews and casseroles, eat raw as snacks and give you ongoing energy.

Meat & Fish

Whole Chicken
Rabbit
Pigeon
Gammon
Squirrel
Pheasant
Duck
Salmon
Frog
Venison
Dog
Pork joint

Nuts

Hazelnuts
Walnuts
Beech Nuts
Sweet Chestnuts

Fruit & Veg

Garlic
Cucumber
Carrots
Sprouts
Watercress
Spinach
Celery
Celeriac
Aubergine
Sweetcorn
Courgette
Mushrooms
Peppers
Tomatoes
Parsnip
Beetroot
Kale
Leek
Lettuce

Marrow
Pumpkin
Squashes
Corn-on-the-Cob
Broad Beans
Broccoli
Fresh Peas
Green Beans
Salad Leaves
New Potatoes
Radishes
Runner Beans
Rocket
Grapes
Sugar Snap Peas
Asparagus
Cauliflower
Onion

Fresh Herbs

Thyme
Mint
Basil
Fennel
Pine needles
Sorrel

Berries

Redcurrants
Cherries
Sloe
Rowan
Elder
Rosehip
Hawthorn

Extras

Honey
Milk (pint of Blue)

Additional Information

All food **MUST** be:

- raw
- unprocessed
- be able to grow in the UK climate
- removed from all packets
- wrapped in clingfilm or sandwich bags

Food **MUST NOT** be:

- pre-cooked
- processed
- anything that will not grow in the UK
- in tins or packets*
- wrapped in tinfoil

For example, you could take a pork steak, a punnet of strawberries, a small jar of honey, a bottle of water and flour (to make dough), but not sausages, tinned grapefruit, chocolate, fruit juice or bread.

You must remove all fresh food from its packaging and wrap it in cling film or sandwich bags. *The two exceptions are eggs, which can be transported in a cut out egg box inside your plastic cup, and sweet fruits, which can be transported in their punnets. Food that does not meet these requirements will be classed as contraband and will be confiscated.

Special Dietary Requirements

If you have special dietary requirements (or if you are fussy) you still need to find a way of consuming enough calories to make it through the weekend without running on empty. Please plan ahead.

Menu Planner - Example

The following example shows how your food could be prepared and cooked throughout the weekend. Again, please plan ahead.

| SATURDAY | SUNDAY |
|---|---|
| <p><u>Lunch</u> Baked Potato Honey glazed Flour Twists Fresh Salad (Salad Leaves, Green Beans, Sugar Snap Peas, Radishes, Carrots, Tomatoes, Celery) Fresh Milk Large Fruit (Apple)</p> | <p><u>Breakfast</u> Potato Omelette Bacon on a Spear Bannocks (a.k.a. Damper Breads) Fresh Milk</p> |
| <p><u>Snack</u> Stick Kebab (Beef, Onion Mushrooms, Courgette) Apple and Berry Mud Wrap</p> | <p><u>Snack</u> Stick Kebab (Pork, Carrots, Mushrooms, Peppers) Dandelion Salad Walnuts</p> |
| <p><u>Evening Meal</u> Butterfly Racquet Fish Egg in Potato One-Man Stew (Lamb, Potato, Carrot, Onion, Pepper, Aubergine, Fresh Herbs) Stewed Sweet Fruit Pudding (Rhubarb, Blackberries, Strawberries) Fresh Milk</p> | <p><u>Lunch</u> Chicken on a 'String' with Asparagus Egg in Onion Corn on the Cob Honey glazed Flour Twists Large Fruit (Pear)</p> |
| <p><u>Snack</u> Instant Bacon Hotdogs Bannocks (a.k.a. Damper Breads) Hazelnuts</p> | <p>You can download a blank "Menu Planner" from the Bivouac Website to help you plan your own menu and see if you are bringing enough food with you.</p> |