



TEN TORS @ PCSC



EATING & DRINKING

It is really important that you have plenty of energy and are hydrated during your training walks and the event. Although it is tempting to eat chocolate and sweets for the whole weekend this will a) not be very good for you and, b) not actually give you the nutrients and energy you need for an extended walk on Dartmoor. Use the information below to make sure you come prepared.

Pre-walk Breakfast

- It is essential that you have a decent breakfast on the morning of the walk.
- Toast or cereal is good but try to avoid a large fatty meal which is difficult to digest.

Lunch on the moor

- Best policy here is to eat little and often, not stop for a luxury picnic – you will not want to get up again and your body will cool down.
- Try to get a mix of food; sandwiches are fine, cereal bars, have some fats (chocolate, nuts) and some fruit such as apples or bananas.
- Don't bother with a lunch box, it add unnecessary weight.



Evening meal

- The priority here is something that is quick & easy to cook, easy to eat, hot and generates minimal washing up/cleaning. Try to choose something that has plenty of calories to replace the ones you've burnt on the walk.
- Many people opt for boil in the bag or dehydrated ration pack style foods. These are good as they contain plenty of calories and minimise clearing up. The dehydrated meals are also light to carry. Only disadvantage is they are fairly expensive.
- Suppliers include; [Be Well Expedition Foods](#) (Thai Curry with rice is good), [Expedition Foods](#), [Wayfarer Meals](#).



Snacks

- Quick burst energy foods that are fast and easy to eat on the move. Cereal bars, chocolate, bananas are all a good source of energy when things are feeling difficult.

Walk breakfast

- No time for a fry up here... but you do need a good breakfast to get you through the second day.

INFORMATION SHEET NUMBER 4 - Eating and Drinking

- Again there are some great boil in the bag options of a couple of those porridge sachets where you just add the water. Porridge provides slow release energy so is an excellent choice for breakfast.
- Use cereal bars as a last resort and don't forget to have a hot drink; it will wake you up, warm you up and make you feel much better!

Drinking

- Very, very important
- It is essential that you drink enough water to keep your body going when you are on the moor. You should drink small amounts, regularly - *as a guide your body need ½ a cup of water for every 100 calories used. Walking uses a minimum of 150 calories and hour, much more so in hot weather so do the sums.*
- Carry a water bottle or bladder (camelback etc) and make sure you carry at least 1.5 litres.
- Make sure your bottle is strong; you don't want to lose your ability to carry water.
- When you top up your water on the moor check to see the source is as clean as possible, you are after clear running water with no evidence of pollution such as deceased animals nearby. Remember to add water purification tablets to your supplies.

Emergency food pack

- Needs to include enough food to keep you going for an extra 12-24 hours on the moor. This is a compulsory item that you must carry.
- It should include, high energy foods e.g. mars bars and hot drinks such as cup a soups and drinking chocolate.
- Seal it all in a clearly labelled bag 'emergency rations'.

Cooking Safety

- Practice using your stove in good conditions at home - this will make your life easier when you are in the dark and it's raining!
- **NEVER cook inside your tent**; if it catches fire it will melt in seconds covering your body in molten nylon.
- Cook well away from the tent and shelter the Trangia from the wind.
- **Take all rubbish away from you, leave nothing on the moor.**



Toilet Etiquette

- No not defecate near to buildings, water sources or agricultural livestock
- Use the toilet trowel to dig a shallow trench (a couple of inches deep); if too deep the material will not decompose in the damp peaty soil of Dartmoor. Cover up the hole afterwards.
- Burn toilet paper or carry out in a small sealed bag - DO NOT leave on the ground.