

Peak Adventures

One-Night Wild Camp Food Checklist

Before You Arrive

- Eat a good meal before meeting your guide.
- Arrive well hydrated.

Evening Meal (Aim for 800+ Calories)

- Main meal (Firepot, Summit to Eat, Expedition Foods or similar).
- Hot drink.
- Dessert or chocolate.

Breakfast

- Porridge or cereal.
- Tea or coffee.
- Breakfast bar or bagel.

Walking Snacks

- Lunch (wrap or bagel).
- Flapjack.
- Trail mix.
- Chocolate.
- Jelly Babies.
- Nuts or dried fruit.

Drinks

- Water (follow joining instructions).
- Electrolyte tablets (optional).
- Hot drinks.

Cooking Kit

- Stove.
- Fuel.
- Pan.
- Mug.

- Spoon.
- Lighter.

Don't Forget

- Check your evening meal provides 800+ calories.
- Remove unnecessary packaging.
- Take all rubbish home.
- Pack breakfast where it's easy to reach.

Guide's Tips

- Keep meals simple.
- Pasta and curries are excellent camp meals.
- Pack one morale-boosting treat for camp or the summit.
- Don't carry more food than you'll realistically eat.

Questions? If you're unsure what food to bring, just ask before your trip. We'd much rather answer your questions beforehand than have you carrying unnecessary weight into the hills.