

## Camp Food

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Each of us has our own gastronomic preferences depending on our taste, culture and experience so the topic of food for camping is diverse and subjective, so here I've covered a few of the basic criteria for good camp food and made some suggestions:

### The Critical Factors

1. You need energy so it must be concentrated high-calorie food;
2. You have to carry it so it needs to be as light as possible;
3. You have to cook it so it needs to use as little fuel, water and time as possible.

### You Need Calories

If you're in a remote location, you've probably expended energy getting there and, for many of us, we're in that location to engage in energetic activities like hillwalking, canoeing, mountaineering, cycling etc. so we need to replenish our used energy with high-calorie food.

There are three primary sources of energy:

**Carbohydrate;** easy to digest, short-medium term calorie release; easy to cook;

**Protein;** high calories, much slower to digest, essential for recovery;

**Fats and oils;** very high-calorie values, long-term energy source; difficult to clean pots;

These three food groups will provide almost all the calories you need, and you need a lot:

**A 70kg person carrying a 10kg rucksack on a 5 hour hillwalk in the Lake District will burn approximately 3200Cal which needs to be replenished.**

For each additional kg (bodyweight and load) add 10 calories per hour and for every extra hour walked, add 9x your bodyweight (kg) in calories, to your total energy expenditure.

To replenish 3200 calories you need to consume:

A sandwich	Lunch	250*
A banana	Lunch	100*
2 50g flapjacks	Lunch/snack	450*
Snickers/ Mars bar	Snack	250*
100g mixed fruit n nuts	Snack	380*
2 mugs of hot chocolate (with powdered milk)	Drink	200*
A large portion of pasta Bolognese	Evening meal	480*
5 chocolate digestives	Snack	400*
50g emmental/edam cheese	Snack	180*
Beans and sausages	Breakfast	360*
2 hard boiled eggs	Breakfast	150*
<b>Total calories</b>		<b>3200</b>

\* Estimated calorie content

Each of us will choose our favourite foods, but the chart above gives an idea of how much to take. The page below lists foods that are popular with hillwalkers, mountaineers and paddlers:

## Popular High Calorie Foods for Remote Camping

I've not listed any highly processed foods or snacks because they vary greatly, often taste dreadful, are usually expensive and I don't eat them, so I don't have any expertise to offer.

All the following are relatively easy to prepare and pack with cooking reduced to a minimum saving time and fuel. I use clip-n-lock containers for food items and Aladdin flasks for liquid.

Pre-cooked meals can be a little heavier but in most cases you'll need to carry less fuel and water. Most of these can be cooked in one pan, for example, heat your pasta sauce, add the pre-cooked pasta put a lid on the pan and then turn the heat off.

### Snacks/Lunch

- Nuts/mixed dried fruit and nuts
- Chocolate/caramel and nut bars
- Flapjack and other oat/cereal bars
- Pork pies, cured sausage (saucisson/chorizo/salami)
- Cheese (Emmental/Edam)
- Bread/sandwich
- Olives
- Oatcakes (biscuits, Scottish) with pate/cheese/sausage
- Jelly babies
- Biscuits; chocolate digestives, oaties, kitkat, etc

### Evening meals

- Pre-cooked pasta and sauce (meat/tuna/vegetable Bolognese, cheese/ham carbonara)
- Pre-cooked white rice and sauce (curry, chilli with meat or vegetables)
- Pre-cooked egg noodles with sauce (prawn satay, chilli chicken, beef n black bean)
- Instant noodles with pre-cooked added meat and veg (stir fry)
- Instant mash with beans and sausages

### Breakfasts

- Baked beans, pre-cooked sausages, tinned toms, pre-cooked bacon, omelette
- Pre-cooked kedgeree (egg, fish, rice)
- Pre-cooked pancakes, with pre-cooked bacon and syrup
- Pre-cooked egg oatcakes with beans/bacon/toms
- Eggy bread (French toast) and beans/bacon/toms
- Granola, other oat cereals (fruit, nut and honey clusters)
- Porridge (ew!-glue)

### Drinks

- Teabags, sugar and milk (fresh milk in a flask in summer, a bottle in winter).
- Fresh coffee (I carry fresh ground coffee when I can)
- Hot chocolate.