

# Energy Levels

A typical day in the hills will burn up in the region of 4500 Kcal (18.9 MJ)

Fat is the most energy dense form of food but digests extremely slowly

Carbohydrates provide less energy weight for weight compared with fats, but their energy is made available more quickly

The best solution is to have a breakfast of carbohydrates and fatty foods followed by a series of high carbohydrate snacks during the day

Sugars are absorbed more quickly than starches, so confectionary should be included in moderation

## Suggested foods for Lunches & Snacks

Malt loaf

Cheese, cream cheese

Sardines etc

Peanut butter

Bread

Salami and other cooked or dried sausage

Muesli bars

Shortbread

Jam

Honey

Dried fruit

Mini pasties

Kendal mint cake

Condensed milk

Fruitcake

Flapjacks

Lucozade tablets

Oatcakes

Fruit & Nut mixes

Sweets & chocolate

Sausage roll



## Suggested foods for Main Meals



These are pre-cooked and can be cooked 3 at a time in boiling water. This means you all eat at the same time and can use the hot water to make drinks or a packet soup!! You need the ability to have a hot evening meal and breakfast.

**EMERGENCY RATIONS** – Wrapped and labelled as below. A must for Ten Tors but good practice anyway. A couple of small bars of chocolate, packet drink/soup and packet of peanuts is fine.



This remains unopened and is for an unseen circumstance for which you have an extended stay out on the moor eg. benightment.