***Food and Drink***

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***Ten Tors Policy Committee and Team Manager Revised January 2022***

**INTRODUCTION**

Food and drink are the fuel for successful completion of Ten Tors. Your walkers need to understand the importance of the food and drink that they will require to support their strenuous activities in arduous conditions.

# Education

Prior to our first training, one of our indoor lessons for the walkers and, if possible, for the parents (who will probably buy the food) will cover the following points:

* Keeping meals and cooking simple to ease effort and reduce preparation time.
* The value of a carbohydrate meal the night before the walk, a substantial and nourishing breakfast and the well-deserved hot meal at the end of a long walking day for rapid recovery.
* The needs of those on selective diets and allergies.
* The importance of a good breakfast on day training walks, and during multiple day walks, cannot be underestimated.
* What constitutes the diet needed to support vigorous exercise; the value of carbohydrates, fat, protein vitamins and fibre, and the required balance.
* The advantages and disadvantages of dehydrated, boil in the bag, tinned food and fresh food.
* Suggestions;
	+ **Snack**. Nuts, seeds, sultanas, fresh fruit (if eaten early before being squashed or bruised), dried fruit (banana & apricots prevent cramp), cereal bars, flap jacks, malt or banana loaf, fruit or ginger cake, biscuits (fig rolls, shortbread, jaffa cakes, choc chip), oat cakes, dried meat (biltong), tubed cheese or condensed milk.
* Pot noodles are not nutritious enough for a main meal. Crisps or chocolate make you thirsty.

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| **Advantages and Disadvantages of Different Types of Food** |
|  |  |  |  |
| **Dehydrated** | **Boil in the Bag** | **Tinned** | **Fresh** |
| Lightest | 1/3 heavier than dry | Heaviest | Heavy |
| Simple | Simplest |  |  |
| Tasty | Tastier | Tastier | Tastiest |
| Requires water | Can eat cold | Can eat cold | Needs cooking |
| Long life | Long life | Long life | Some needs refrigeration |
| Just add hot water. Left over makes drink | Different varieties heated in same water |  | Long time to cook |
| Eat from bag, no washing up | Eat from bag, no washing up  | Pan needs washing up | Needs plates and washing up |
| Litter light & easily carried | Litter light & easily carried | Jagged heavy litter | Litter light & easily carried |

* Wholesome snacks to graze little and often are good for morale, keep up energy levels, and reduce the need for long stops.
* Emergency rations should include high energy food and some comfort snacks eg cereal bars, sachets of drinking chocolate and dehydrated soup, nuts and raisins. A thick clear plastic bag makes a suitable container that should be clearly labelled and sealed.
* Hygiene to minimise the risk of infection. Use of a bactericidal hand wash, washing of cooking utensils and cutlery.
* Inexperienced walkers often think that sweets, chocolate and fizzy drinks will sustain them during a hard days walking. The importance of understanding the short-term nature of sweet things, the diuretic effects of caffeine and the effects of stomach filling gas.
* No need for energy or fizzy drinks or additional salt. A high concentration can draw water from the body. An energy drink will bring instant stimulation for the brain, but masks the bodies need for calorific intake, so storing up problems a few hours further on in training, exhaustion, hypothermia and hypoglycaemia (lack of blood sugar).
* WATER
* Water is essential to everyone’s health. Our brains are 85% water; a 2% water loss results in 30% loss of performance + cramp + fatigue.

# Education

As part of our preparations, we make sure all walkers are aware of the importance of water and their consumption requirement. To help them look after each other, we ensure that they know the signs and symptoms; dark coloured urine, cramp, headaches and dizziness are sure signs of the need to drink more.

Water replenishment is a key part of the team’s plan. We teach the following drills:

* Resupply from small fast flowing water streams – not ponds or still water.
* Purify and manage with a hard bottle/platypus type combination. If a platypus is used, purify water in a container, top up the platypus and then replenish the bottle at the earliest opportunity before repeating the cycle.
* Purify with in-date Chlorine Dioxide tablets, which are considered to be the best these days. Wait for the required length of time before adding to the platypus or drinking the water.