



Northampton District Scouts



### BRONZE EXPEDITION

For a Bronze expedition you will be out camping for one night and walking for two days: we suggest the following:

Day	Breakfast	Lunch	Evening Meal	Additional Snacks.
Day 1	Served at Centre	Packed lunch, Sandwiches. Crisps Fruit Biscuit Drink	Wayfarers meal Rice/pasta  Cake Custard Hot drink	Hot drinks Cuppa Soups. Biscuit. Raisons/dried fruit
Day 2	Carton of Cereal Powdered Milk Hot drink	Oat cakes. Tin of tuna fish or Spread cheese Mini Cheeses. Drink Rice pudding or Jelly.	Served at centre	Hot drinks Cuppa Soups. Biscuit. Raisons/dried fruit

## SILVER EXPEDITION

For a silver expedition you will be out camping for two night and walking for three days: we suggest the following:

Day	Breakfast	Lunch	Evening Meal	Additional Snacks.
Day 1	Served at Centre	Packed lunch, Sandwiches. Crisps Fruit Biscuit Drink	Wayfarers meal Rice/pasta  Cake Custard Hot drink	Hot drinks Cuppa Soups. Biscuit. Raisons/dried fruit Chocolate Fruit
Day 2	Carton of Cereal Powdered Milk Hot drink	Oat cakes. Tin of tuna fish or Spread cheese Mini Cheeses. Drink Rice pudding or Jelly.	Wayfarers meal Rice/pasta  Cake Custard Hot drink	Hot drinks Cuppa Soups. Biscuit. Raisons/dried fruit Chocolate Fruit
Day 3	Carton of Cereal Powdered Milk Hot drink	Oat cakes. Tin of tuna fish or Spread cheese Mini Cheeses. Drink Rice pudding or Jelly	Served at centre	Hot drinks Cuppa Soups. Biscuit. Raisons/dried fruit Chocolate

In addition for both Expeditions you are advised to carry emergency rations, i.e. Chocolate or jelly cubes. You will be able to refill water bottles daily from sites. You are not permitted to purchase anything other than dairy products whilst on your expedition.