



ADVENTURE CAMPING

What's a Guider to do? The girls want to adventure camp and/or trip.

November 18-20, 2016

Nutrition and Menu Planning

Food is an important part of any trip. The basic objectives of menu planning are to meet the group's **nutritional** and **energy** requirements for the **activity** level and the **environmental** conditions encountered **daily**. Even better if meals are tasty and enjoyed by everyone. It can be a great morale booster. Meals are social times if well planned.

Energy requirements

Most activity failure is due to energy failure. Energy comes from food and fluids. You need to take in enough food to generate energy to complete the task. Your choice of fuel (food and fluid) affects how well this works.

You need 5 nutrients to balance your diet – carbohydrates, proteins, fats, vitamins and water. A diet of 60-70% carbohydrates, 20-25% fats and 10-15% protein is considered balanced and maximizes performance.

A normal female consumes approximately 2000 calories during a normal day. During an adventure camp or trip this can increase to 3500 to 5500 a day.

Carbohydrates: 2 kinds – simple sugars (chocolate, candy) and complex starches (fruit, whole grain, cereals, vegetables, beans)

Simple sugars are depleted quickly and complex starches are released over a longer period of time. To avoid blood sugar drops, graze on complex starches through the day.

Fat: produces twice the energy of carbs per calorie, however, fat will not start being burned until after 60-90 minutes of exercise.

Proteins: are essential in the metabolism of carbohydrates. Proteins are necessary for tissue maintenance, repair and growth.

Vitamins and Minerals: assist in metabolic functions including those that release energy from food sources. Only minute amounts are needed.

Water: is essential for maintaining normal body temperature, maintaining normal blood volume, digestion and transporting essential elements to and metabolic waste away from the cells. Drink water until urine is pale yellow. Dilute fruit juices 50% with water for all day activities.

When to eat what food to ensure that your body will have the energy it needs.

In the body, glucose in the bloodstream then in the muscles and liver are used first. Then the body starts breaking down fat reserve and then protein in the muscle.

Simple sugars – 20-60 minutes; complex carbs 1-3 hrs; protein 4-5 hours, and fat 5-9 hours. Combining carbs with protein and fat slows and extends the time glucose is released.

- Breakfast – you need the glucose/energy for the morning – complex carbs give this to you. Fat would not be used until the afternoon.



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- Best snacks are high in complex carbs with a little simple sugar and lots of water. This is often referred to as the 1-2 pickup – simple sugar for fast result, complex carbs to extend the pickup.
- A large lunch will make you feel sluggish (naptime). Eating smaller amounts more often can keep the blood sugar and energy level more even.
- Having a snack and fluid within 30 minutes to 2 hours of stopping starts to replenish lost glycogen to the muscles. Drink until you need to urinate.
- Supper can include a higher percentage of fat as well as starches and protein as it can be digested overnight.

Each member of the group needs to be consulted about:

Likes and dislikes, allergies- severity, amount of spice, reaction to gaseous foods (beans, cabbage and others), choice of liquids (coffee/tea/ etc.)

When meal planning.

Types of food to take adventure camping:

Fresh – is great – check weight and spoilage. Freezing meat will extend use a day. Otherwise 24 hours is the limit for most meat that is not “cured”. Many fruit and vegetables will last if packed so they do not bruise for several days. Carrots, cabbage, apples oranges will last longer. Cold weather above freezing will extend the use of foods. Hot weather will reduce. Temperatures below freezing can spoil fresh food.

Dry foods – cereal, pasta, rice, dried fruit, drink dry/powdered, crackers can be used in any temperature for any length of time.

Dehydrated foods and freeze dried foods (costly) generally can be used in any temperature for any length of time.

Packing food

- Packaging can be up to 20% of the weight so repackaging. Open cracker boxes and add the bag of humus and reseal. Box up tomatoes to avoid bruising. Avoid bringing extra packaging that you cannot burn – it becomes garbage and must be packed out. No glass and no tin cans. Use freezer weight bags for powder and dried foods. Have extra bags.
- Pack each meal in a separate bag with recipe and instructions (may note – add this from another bag/source)
- Pack days together OR breakfasts/lunches/dinners together. Label or colour code bags.
- Snacks for the day to be carried by each person.
- Plan dinners with at least one “quick”, extra meal or 2 depending on the trip length.

Refer to Outdoor Activity Leadership Guide to Adventure Camping