

RUTLAND AND DISTRICT  
SCHOOLS' FEDERATION

# The Duke of Edinburgh's Award

## EXPEDITION

### INFORMATION PACK 2024



## Introduction

This pack is designed for the Participant, Parent or Guardian to assist you with planning the DofE expedition season 2024.

## Award Brief

By now Participants should be well under way with the section activities – volunteering, skills and physical and should be updating the eDofE with their progress.

Upon completion of a section, Assessor Reports should be scanned and uploaded to eDofE. Further copies of these can be downloaded from our College DofE page.

Participants who have put together a skills project for example: cooking, sports appreciation etc., are requested to bring the project into the College for the DofE staff to sign off. Completed Assessor reports are still required with these projects.

## Expedition Brief

After the expedition training and planning sessions at the College, all Participants will be ready to attend a training day walk and practice expedition before attending the qualifying expedition. Please ensure you check the DofE calendar for the dates of these as it is essential you attend.

## Amendments to Parental Consent Forms

Parental consent form will have already been received at the time of enrolling; however it is your responsibility to confirm any new injuries, or medical conditions that could influence a successful completion of an assessed expedition. A doctor's note is required for any injury or ailment, where a Participant still intends to undertake any expedition.

## Day Walk(s)

This is a practical navigation and team building day and will go ahead unless there is extreme inclement weather. Extreme weather is not just a 'rainy day'.

Participants should ensure they arrive at the College (Front Car Park) at least 15 minutes before the allotted start time of the walk. We will travel via minibuses to the start of the day walk, please note that all mobile phones will be turned off and therefore please do not expect to be able to contact your son/daughter during this time. When the walk is completed and they are travelling back to the college they will be allowed to call you to give the estimated time of arrival. Please be prompt when collecting your child.

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A list of items to bring along on this day walk is detailed below:

Clothing	Personal Kit
<ul style="list-style-type: none"><li>• Gaiter's (not essential but desirable)</li><li>• Gloves</li><li>• Hat/Scarf</li><li>• Layered clothing</li><li>• Spare socks</li><li>• Walking trousers (Not Jeans)</li><li>• Watch</li><li>• Waterproof jacket</li><li>• Waterproof over trousers</li><li>• Waterproof walking boots with cleated soles (you will not be able to walk if you arrive in Trainers as they are not permitted)</li></ul>	<ul style="list-style-type: none"><li>• Bin liner to sit on</li><li>• Bladder or water bottle</li><li>• Day walking bag (you own Rucksack)</li><li>• Hand gel</li><li>• Lunch in the form of sandwiches and a drink (no fizzy drinks please, can be a flask of tea or coffee etc.)</li><li>• Mobile phone (fully charged) and turned OFF</li><li>• Small personal first aid kit</li><li>• Toilet paper</li><li>• Packed lunch &amp; a drink</li></ul>

### Practice Expedition

As part of the DofE there are requirements (see appendix A), participants must undertake to put into practice their navigation, camp craft and team working skills in readiness for the qualifying expedition. Participants learn from mistakes and discover more effective expedition skills before their assessed expedition venture. Teams are supervised from a distance. Check point tags are used to remotely monitor teams' progress and wellbeing. Teams will be met on a regular basis and topped-up with water as required

At the end of the practice expedition, all the colleges' loaned equipment will remain with the participants for them to use in their qualifying expedition. It is very important that all kit is dried and aired properly. If you don't have facilities at home to dry off a tent, please contact the DofE Staff Lead and they will make arrangements for it to be dried at the college and then returned to your son/daughter.

After the practice expedition, all cooking stoves should be checked and cleaned ready for the participants qualifying expedition.

### Qualifying Expedition

After a successful practice expedition, participants will attend the qualifying expedition. Here participants are remotely supervised and assessed by an Accredited DofE Assessor to ascertain a competent level of navigation, camp craft and team working skills and that they comply with the expedition aim and requirements.

### Expeditions

Each expedition will follow very similar formats. Participants must arrive at the college (Front Car Park, next to Harington School) at least 15 minutes before the designated start time for a registration. We will not wait for late arrivals. Participants will then travel via minibus to the start of their expedition.

Before they commence their walk, participants will have a short briefing and their rucksack will be weighed (and the Participant). **Rucksacks should not be more than one quarter of the participant's own body weight.**

On arrival at the camp site, teams must camp-up and begin to cook evening meals. Teams must clean all stoves/ crockery etc. and all rubbish must be bagged and sealed. All items belonging to the teams should be organised and placed inside the tents after dinner. After that, participants are free to enjoy their evening and reflect on the expedition, working on their expedition projects.

Due to neighbouring residents, all participants must keep noise level to a minimum after 9pm, and settle in tents by 10pm, where a no noise limit will be applied.

\*\* The only electronic item allowed on the expeditions is a mobile phone. All mobile phones are to be turned off and sealed in a waterproof bag and then taped up. iPod /MP3 players and other such devices are not allowed.

### Expedition End

You will be advised of the estimated finishing time. However, this can only be an approximation, due to the nature of the activity being performed.

Before we drive back to the college, participants will be encouraged to call home and give a clearer indication of our estimated arrival time back at the college.

At the end of the qualifying expedition, all loaned equipment will remain with the Participants for cleaning and drying. All loaned equipment must be thoroughly cleaned as described below:

#### Tents

Should be thoroughly cleaned (wiped down) and all mud removed. The tent should be then completely dried. All tent pegs and poles should be wiped down and free from mud, then dried before being packed away and returned.

#### Sleeping Bags

All sleeping bags should be washed and returned to the college in a clean, dry state.

#### Roll Mats

Should be returned back to the college clean and packed.

#### Dry Bags

Should be returned dry and clean.

#### Rucksacks

Rucksacks should be sponged down and thoroughly dried.

#### Trangias

All equipment should be washed and returned to the college clean and packed.

#### Compasses

Should be wiped down with a damp cloth and dried.

#### Maps

Should be folded in the correct manner.

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## Expedition Team Goal

The qualifying expeditions must have a team goal and purpose, which teams research beforehand and then record observations about during the expedition.

After the qualifying expedition, we invite teams to present their team goal on the designated presentation evening. The team goal can be on any subject matter and presented in any medium. We encourage participants to be as unique and creative as possible, utilising photography, drawing, or even songs, poetry and creative writing as part of their presentation. **Note – As a variation this may now be discussed and included within the assessors debrief at the end of the expedition to consolidate learning.**

## Code of Conduct

Participants remain subject to the Colleges Code of Conduct therefore any breaches of the code will be dealt with in the standard manner. Parents will be called out day or night to collect a student, in very serious breaches of our code of conduct, and which threatens to prejudice other participants from successfully completing their expedition.

## Illnesses and home sick participants

For any non-serious matter, participants will be sympathetically looked after by the supervisors. Their team members are encouraged to continue to look after them. We will then support and encourage them to continue with the expedition, calling parents will only be if absolutely necessary. We understand that in some cases, this is their first time away from home; home sickness is treated very sympathetically. We ask that, if parents are called by the participants without supervisor knowledge, that the parent contact the DoFE Expedition Leader first before any action is taken (The Expedition Leaders number is 07745 298630).

## Food Hygiene, Menu Brief

Menus are planned and food purchased as a team. The purchase cost for these items should be shared between all the participants. Participants must also cook as a team on each expedition. Each team must have at least 1 hot meal on the expedition and we encourage that that meal is at least the evening meal, and/or breakfast. Have a look at the food ideas in Appendix B.

## Participants must carry with them the following:

- 2 packed lunches
- Breakfast
- Their share of the team evening meal(s)
- Emergency Rations
- 1 litre bottle of water (approx.)

## 'Goodie Bag' Recommended

Put together a bag of dried fruit, raisins and nuts for each day (to keep energy levels up all throughout the day), we suggest you avoid high sugar sweets like Haribo, Starbursts, Jelly Beans etc. as they create a short energy burst followed by a 'low', lasting twice as long.

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## Nut Allergy

We take any allergies very seriously and in particular a nut allergy. When a participant with nut allergy is identified, the concern is communicated with the rest of the team at the planning stage and menus planned accordingly. Supervisors are also notified and the team is requested to camp away from other teams to avoid contamination of food.

## Emergency Rations

For this exercise at Bronze & Silver, emergency rations are really a test and should comprise of high energy treats such as Jelly, Haribo, Starbursts, Jelly Beans or Kendal Mint Cake. The rations must be sealed in a bag, kept in the rucksack and not opened unless in an emergency or as a 'well done' treat at the end of the expedition. **Rations are checked at the start and end of the expedition!**

We encourage all participants to be creative with what to cook with a recommended maximum cooking time of 30-40 minutes. Remember to include puddings!!

## Breakfast

It is vitally important that all participants have a good breakfast with a warm drink; no participant will be allowed to skip breakfast. This will have a detrimental consequence throughout the day, as they have a full day's walk with a heavy rucksack! We encourage participants to plan a breakfast they will look forward to having.

**Top Tip:** Muesli/porridge oats with powdered milk, adding sugar, cinnamon, nutmeg, raisins etc. to taste. Prepare in 2 sandwich bags, one inside the other, place on a dish then simply pour hot water in the bag and eat out of the bag. No washing up and a great way to keep your hands warm.

## Tins

Tinned food is permitted. If the tin doesn't have a ring pull, don't forget a can opener.

## Food & Personal Hygiene

All food must be cooked properly and as per instructions. All stoves, cutlery, cups and plates used must be washed immediately after each meal. All rubbish must be put into personal plastic bags and sealed overnight in tents, then carried with you until the end of the expedition, or until you find a waste bin en route.

Hands must be washed before and after eating and after going to the toilet. We also recommend small bottles of hand cleansing gel and wet wipes are a great way to keep clean and freshen up, as there may be no showers.

## Equipment Brief

Please review the official equipment list of items that all participants must have on their expedition below.

## Free Equipment Loan

Catmose College is fortunate to have the majority of key equipment to loan free of charge to participants on a first come first serve basis including:

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Equipment loaned by the college before the expeditions	
Sleeping bags Roll mats Rucksacks 2 Dry bags	Cooking stoves and Gas Maps, compass 1, 2, 3 person & 4 person tents

It is the responsibility of the participants as part of the expedition planning that all equipment including tents are checked for damage and are adequate for the purpose. **Participants must check all equipment including erecting tents before the expedition.**

All loaned equipment must be kept clean and remain intact, packed and dry before checking back in at the end of the expedition. **A charge may be levied for equipment that is returned either damaged, wet/damp, or dirty.**

### Essential Equipment

Participants must have the following equipment before starting each expedition:

- Waterproof Jacket and waterproof trousers
- Personal First Aid Kit
- Food for 2 days (Bronze) or 3 days (Silver)
- Emergency rations (sealed in a bag)

### Mobile Phones

The use of mobile phones for calling and texting is **not permitted** during the expedition including at the campsite. This is to encourage the sense of independence within the team. Phones must be sealed in a water proof bag and kept in rucksacks with fully charged batteries. Calls can only be made in an emergency, or an important need to contact their supervisor for example someone feeling ill or fearful, or if the team know they are not going to make it back by the prearranged finishing time.

## Expedition Kit List

There are certain items you cannot walk without, waterproofs, a spare set of warm clothes, enough food etc. Follow the list below and use it as a guide/checklist.

We have given some helpful advice next to some of the kit items it is for the Participants comfort.

E...Essential R...Recommended L... Luxury

### Clothing

✓	Description	E – Essential R – Required L - Luxury
	Boots Must give ankle support, participants turning up without boots will not be allowed to participate (see notes below) (trainers are not permitted)	E
	Fleece light weight Hoodies are heavy and generally made of cotton a lightweight micropile fleece is not expensive and can be worn at other times.	E
	Warmer fleece	E
	Trekking trousers x 2 (Zip-offs are ideal, any lightweight quick drying trousers are excellent (NOT DENIM)).	E
	Base layers	E
	synthetic material wicking tee shirts x 2	R
	thermal tee shirt (long sleeved) ( not necessary in summer)	R
	pair of thermal long johns (R) (not necessary in summer)	R
	underwear x 1 or 2 sets	E
	Socks (E) x 2/3 pairs Good walking socks (Bridgedale or similar) can make all the difference to your comfort, they help to reduce the likelihood of blisters.	E
	Hat and gloves	E
	Waterproof trousers	E
	Waterproof jacket	E
	Sunhat - seasonal	E
	Gaiter's	R
	Spare clothes	R

### Camping Equipment

✓	Description	E – Essential R – Required L - Luxury
	Bin liner(s) to sit on and put dirty clothes into	E
	Rucksack 55 – 65 litre* (Note: rucksacks are not waterproof!)	E
	Sleeping bag*	E
	Sleeping/roll mat*	E
	Personal first aid kit	E
	Personal medication and/or paracetamol/ ibuprofen	E
	Compeed blister patches are a good idea to carry	R
	Sanitary items if required	E



## Camping Equipment Continued...

✓	Description	E – Essential R – Required L - Luxury
	Watch (at least 2 per group)	E
	Small quantity of money to make a telephone call (in an emergency)	E
	Notebook and pen or pencil (at least 2 per group)	E
	Torch (or/and head torch) and spare batteries	E
	Emergency rations in a sealed bag	E
	1 litre Water bottle or Bladder	E
	Knife, fork, spoon (or spork); plate, mug and bowl	E
	Toiletry bag (Tooth paste, tooth brush, small hand towel, wet wipes)	E
	Shower get, shampoo and towel	L
	Antibacterial hand gel	R
	OS Map, Compass & Map case, High Vis Jacket, Permanent pens and check point tags**	E
	Route card**	E
	Whistle (at least 2 per group)	E
	Tick remover	L
	Expedition Assessor's Card	E

## Group kit (to be divided amongst the group)

✓	Description	E – Essential R – Required L - Luxury
	Tent *	E
	Cooking stove and gas*	E
	Tin opener (if required)	E
	Serving spoon	L
	Small bottle of washing up liquid & scourer sponge/brillo pads	E
	Tea towel	E
	Digital Camera	R
	Plastic bags for rubbish	E
	Food for the 2 days	E
	Matches (in a small container to keep them dry. i.e. food bag)	E
	Toilet paper	E
	Sun cream (factor 30 min) - seasonal	E

\* Available to borrow. \*\* Supplied by the College.

## Kit Notes

**Weight:** All rucksacks will be weighed before departure and packs should not be more than one quarter of the participant's own body weight.

**Boots:** These should be good quality leather or heavy duty fabric with a Gortex lining to ensure they are waterproof. The most important issue around boots is that they should fit well, be comfortable (well-worn in) and that you are capable of wearing them for the duration of the expedition. The performance of boots will vary, as when you are carrying a heavy sack your posture changes. Ideally, we recommend that new boots are worn for at least a month prior to the expedition and that you have walked at least 10 miles in them in varying terrain sometimes carrying a heavy rucksack. Many expedition participants drop out due to blisters or painful toes. Do not be tempted to borrow boots as this is a sure way to get blisters.

**Socks:** Thick trekking socks are a good thing to have, Bridgedale Summit socks for example are more expensive (£15 a pair) but from experience are worth every penny. Liner socks are an added comfort because they wick sweat away from feet.

**Waterproofs:** (E) waterproof, breathable (Gortex) jacket and trousers, getting wet through is very uncomfortable and potentially dangerous.

**Clothing:** the layering system: Lightweight synthetic base layer to wick sweat away from the body, thermal under layer to trap heat in cold conditions also wicks sweat; thermal mid-layer light weight fleece to trap heat; windproof/waterproof layer to protect and prevent heat loss. A heavier jacket style fleece, gillet or a synthetic down jacket - if you can afford it will stop you from getting cold in camp during the evenings when it can become a little chilly.

Cotton is not recommended because it does not retain heat when wet, becomes heavy to carry and takes a long time to dry.

**Water Bottle:** (E) Sigg design of bottles are ideal as they are unbreakable, but they can be expensive as much as £10 for a litre size, most Nalgene bottles are a useful alternative at half the price. Empty mineral water bottles are cheap and effective for the short term. A platypus hydration system is also good but has advantages and disadvantages (you cannot tell how much water you have left, they can burst, freeze in the cold and they can be unhygienic). A combination of these options can allow you to drink whilst on the move and fill up from your water bottle during breaks.

## Additional Notes

All DofE supervisors are qualified expedition leaders and are all first aid trained.

All supervisors carry a comprehensive first aid kit.

Painkillers such as paracetamol and/or ibuprofen are the personal responsibility of the Participants. Participants should know how and when to take these items and only if required. Participants may seek medication advice from the Expedition Leader and only he/she will provide additional medication (should they be required) and only in accordance with the medical consent forms.

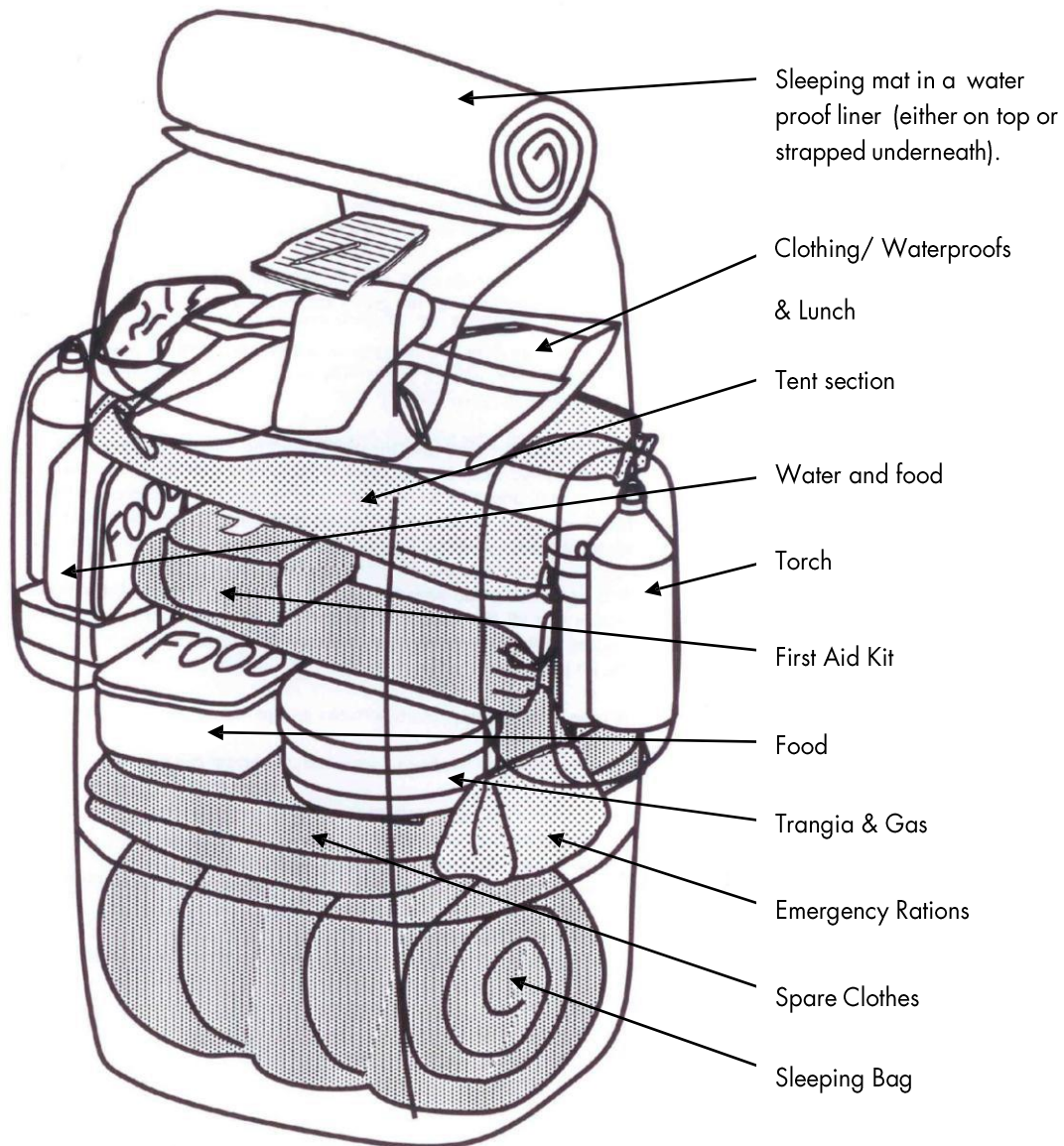
Although the expedition element of the DofE award should be challenging and independent of adult assistance, no Participant should feel unhappy/upset over personal issues. The Expedition Leader, Supervisors and other adult leaders are always around for advice and help.

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All participants will be provided with an individual laminated card detailing the emergency contact numbers of the Expedition Leader and Supervisors. The emergency contact number for the expeditions will be 07745 298630, this will be carried by the Expedition Leader.

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## Packing a Rucksack



The above is a generic guide of how to pack a rucksack.

### Recommended advice

- All contents must be in a water proof liner (bin liners).
- Tent sections and sleeping mats can be strapped to the outside but again must be in a water proof bag.
- Don't over pack! Look at the weather forecast and ask yourself what do you really need as you have to carry it?

## Appendix A

### Expedition Aim and Requirements

This is a handy summary for everyone about to do their DofE qualifying expedition. Please talk to your DofE Leader or Expedition Supervisor if you have any questions or need further advice. Enjoy your expedition!

Don't forget that all your team must meet these requirements!

If you or one of your team has individual needs that mean one or more of the above conditions cannot be met, then you can apply for a variation to these requirements to enable you or them to participate in their DofE expedition. Please contact our DofE staff for help and advice if this is the case.

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## The aim of the Expedition section:

To inspire young people to develop initiative and a spirit of adventure and discovery by planning, training for and completing an adventurous self-sufficient journey as part of a team. Participants choose where and how they want to do their expedition.

**Before an expedition** – DofE Supervisors/Assessors must ensure the appropriate parameters are in place:

All participants must be within the qualifying **age** of the programme level and at the same **Award level** (i.e., not have completed the same or higher level of expedition).

There must be **between four and seven participants** in a team (eight for modes of travel which can be used by two people at once e.g., tandem bikes, open canoes).

The expedition must be of the correct **duration** and meet the minimum **hours of planned activity**.

Bronze: A minimum of 2 days, 1 night; 6 hours of planned activity each day.	Silver: A minimum of 3 days, 2 nights; 7 hours of planned activity each day.	Gold: A minimum of 4 days, 3 nights; 8 hours of planned activity each day.
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All expeditions must be supervised by an adult (the **Expedition Supervisor**) who is able to accept responsibility for the safety of the team.

Assessment must be by an **Accredited Assessor**. At Bronze level only, the Assessor may also be the Expedition Supervisor.

Participants must be adequately **trained** to safely complete an expedition in the environment in which they will be operating.

Bronze: Teams must complete the required training.	Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.	Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights.
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## Planning an expedition – participants must plan how they're going to do their expedition:

<b>Team Goal</b>	Expeditions must have a clearly defined team goal – this could be researching an area of interest, contributing to a community action project, or developing soft skills.
<b>Environment</b>	The environment chosen must become progressively more challenging through the award levels – environments could include rural, urban or restricted spaces.
<b>Accommodation</b>	Accommodation should be by camping or other simple self-catering accommodation e.g., bunkhouses.
<b>Time of year</b>	Expeditions will usually take place between the end of March and the end of October. There should be a reasonable gap between the practice and qualifying expeditions.
<b>Mode of travel</b>	Participants must choose an appropriate mode of travel for the environment they'll be journeying through. Journeying must be by participants' own physical effort, although mobility aids may be used where appropriate to the needs of the participant.
<b>Food</b>	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal each day (optional on the final day).

## On expedition – Supervisors/Assessors should ensure:

Participants must behave responsibly with respect for their team members, Leaders, landowners, the public and animals, and must understand and adhere to the Countryside, Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).

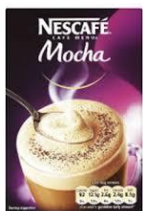
Expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely, considering what is reasonably practicable for participants and ensuring their welfare is paramount.

Participants must actively participate in a debrief with their Assessor at the end of the expedition and, at Silver and Gold level, a presentation must be delivered after the expedition.

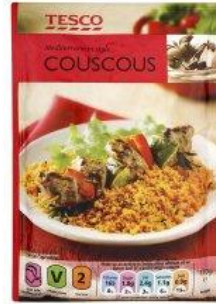
# Appendix B

## Appropriate Food Ideas

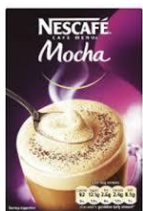
### Breakfast



### Main Meals

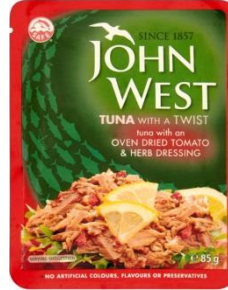


### Hot Drinks/Soups





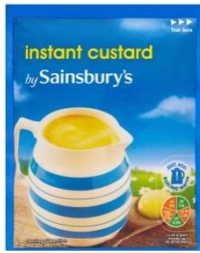
## Bread & Cake – Lunch/Sandwiches



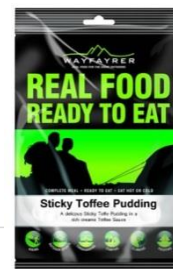
## Snacks



## Cakes & Custard



## Self-Heating Boil in the Bag Dehydrated Ready Meals



## Food for Expeditions

### Do Not's:

- Do not use re-cooked rice.
- Do not forget a small can opener if needed

### Bronze Award Example

#### Day 1

- Breakfast – have this before leaving home – something like porridge, things that are slow release carbs.
- Snacks – if needed whilst walking.
- Packed Lunch – don't forget it.
- Evening Meal at the campsite – Main meal must be hot and there must be a desert and a drink.

#### Day 2

- Breakfast – must contain a hot element, e.g. porridge, hot chocolate, scotch pancakes etc.
- Snacks – if needed whilst walking.
- Lunch – prepared at breakfast if possible, little chance of setting up a stove because of the time. Lunch will be short on day 2.
- Emergency Rations must be carried until the expedition has finished unless they have been used in an emergency as the assessor may wish to do a kit check.

## Group Food – Things to Consider

### Dietary considerations

- Are members of your group allergic to certain foods (even close proximity can sometimes set off a reaction), check or tell everyone in your group if there are any food allergies.

### Weight

- Someone has to carry this, but it does get lighter. Tins and pre-hydrated food are heavy because the can/bag includes the liquid (tinned food with thinking about for expeditions are fish in oil, corned beef and luncheon meat).

### Size/Quantity

- Do you need to take the whole package?
- Do you need a large bag of pasta; can you re-pack it into portions needed?

### Cooking Speed

- E.g. Pasta is available with different cooking speeds ranging from 3 – 20 minutes; get the fastest as this means you will need to use less fuel it will be quicker (it may be raining).

### Nutritional Value

- You will need food that tops up your energy levels.

### Likeability

- Food that the whole group can eat.

### Perishable/sell by date

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Food goes off in hot weather quicker than in cold weather. Think what you are planning to eat.

Types of ready-made specialist walking food - can be expensive, bulky and flavours vary vastly.

Dehydrated – needs water, a point to consider is using a lot on a long expedition where water is not freely available. Not to everyone's taste and can be expensive.

Boil in the bag – you are carrying the weight of the liquid as well which can be a consideration on long trips.

Water for this expedition – a minimum of 1 litre (1½ - 2 litres better) contained in a strong drinking bottle or platypus type of bag.

At each checkpoint water will be available.

You can get extra water if required from public houses or even knocking on someone's door if you are desperate. Remember to be polite and explain your situation.

Water will be available at all campsites.

Do not drink water from rivers or streams

Do not put water in your dry sack.

Crushing – put vulnerable food in plastic containers.

Bread if not in a sturdy container tends to get crushed into a horrible mess – try pitta or tortilla wraps (possible fillings for sandwiches – cheese and tuna – certain fish comes in sachets which are lighter to carry)

Sachets for hot drinks and sugar.

Wash your hands before cooking/eating. You do not know what you have been touching during the day.

Emergency rations – do not eat unless and emergency.

All pots and utensils should be cleaned soon after eating to prevent contamination of your next meal.

Get most of your energy from carbs – 60% carbs 20% fat 20% protein.

Carbs the basics – two main groups – complex - slow release and simple for fast release.

Examples of complex carbs as:

Natural starches – Wholegrain (flour, pasta, breads, cereals), barley, beans, brown rice, chickpeas, root vegetables, sweet corn, oats and yams.

Refined starches – White (flour, pasta, bread, and rice), biscuits, cakes, pizzas and sugary processed cereals.

Examples of simple carbs also known as sugars:

Simple natural sugars are found in fruit and vegetables.

Simple carbs or refined sugars are found in biscuits, brown and white cane sugar, chocolate, honey, jams, jellies, soft drinks, sweets and snack bars.

Peanuts are a good energy source but because of the high fat content are slow to digest. REMEMBER to check that no one in your group is allergic to peanuts.

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Raisins are fast release food and a good source of potassium (converts sugar to energy)

Cereal bars are good if the fat content does not exceed 20%.

Malt loaf is high in carbs and low in fat.

Fat gives energy, but very slow to digest and slows down the absorption of carbs – keep till the end of the day.

Protein is for muscle repair – (beef jerky 44% protein)

Chocolate melts and gives you short term energy rushes.

### Note

I get asked many times..... "Can we have bacon" and yes you can, BUT...

Without getting too technical, cooked bacon is safe, but it has to be cooked at least "medium" for lack of a better word.

The reason is due to something in food safety called water activity or Aw. This is a measure of how much "free water" a food has, that is water that is not tied up in other food molecules.

Bacteria need this free water to grow. The Aw scale is 0 to 1. Anything below .86 is considered safe at room temperature. Cooked bacon's Aw is less than .86, as the free water is driven out during cooking. Raw or undercooked bacon would not be safe.

If you ever go into the back of a café, you may see cooked bacon waiting around to be cooked again. The reason that you may have seen bacon sitting out at the local eatery is because the health department knows about water activity. You will notice that the bacon has been pre-cooked to medium and then finished on order.

If the young people want to have a cook breakfast there are other alternatives to suggest to them like 'Princes Bacon Grill' or even buy or make your own Ready to Eat breakfast. You can buy <http://www.gooutdoors.co.uk/wayfayrer-beans-and-sausage-in-tomato-sauce-p107519>.

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