

# ADVENTURE CAMP MENU

## PLANNING

January 2026



### Welcome to Adventure Camp 2026!

We're excited to for you to join us at Hopetoun Estate in May. To make the most of the weekend, we've pulled together some top tips to help you plan your menu. Good food means everyone is happy (even the leaders).

### CAMP RULES

**Please share the camp rules with your scouts and check that they understand what is expected of them. We're all here to have fun, but a few simple rules will help keep things safe and enjoyable:**

1. Be on time at your pick-up points throughout the weekend.
2. Lights out means go to sleep - this helps to ensure you and others can enjoy yourselves.
3. Listen carefully to instructions given by the staff at camp.
4. Pack all your kit in one labelled bag (label should include your name, home address, and subcamp colour). Lost property will be gathered on Subcamps.
5. Don't let someone else pack your kit without you there!
6. Uniform must be worn to and from camp, and your neckerchief all weekend.
7. Remember your food and cooking stuff (and make sure you know how to use your equipment)
8. Scouts should not bring their mobile phones to camp.
9. Be kind to others, we're all here to have fun.
10. And most importantly – have fun. It will definitely be cold so pack your smiles.



Dwayne Fields comes to visit



Water inflatable fun!



Our Bushcraft Zone is a fav!

At Adventure camp you're expected to provide and cook your own food.

Before camp you should:

- Spend some time on menu planning with the Scouts that you're going to be cooking with.
- Agree on items that you ALL like.
- Try cooking the dishes – and eat them to make sure you like them!
- Don't bring foods you know you don't like or won't eat.
- Make sure you know how to prepare and cook all the food.
- If you need a recipe make sure you print it and laminate it (don't rely on having on your phone!).
- Instructions are also useful when everyone has a copy
- Don't rely on one person – they may have to pull out of camp or something happen that means they can't help with the cooking
- Work with your Scout Leaders to make sure you can use the cooking equipment that you plan to take (part of the group kit).
- Make sure you eat an evening meal before arriving at the camp on the Friday.
- You may want to take a snack for Friday supper time – something easy that does not need cooked as you'll be busy setting up your tents. Maybe something like a cake bar or biscuits. There will be a hot drink and biscuits supplied
- You will need to take a snack with you when you're on activities. Make sure you factor this into your plan

## Things Worth Noting

- There is no refrigeration and freezer facility
- Cool blocks defrost by day 2
- Storage of food at camp is important. Avoid bringing uncooked meat, if you do need to bring uncooked meat, use it on the Saturday and not leave it to fester until Sunday evening.
- UHT milk will last longer than fresh, especially as the camp will be hot and sunny!

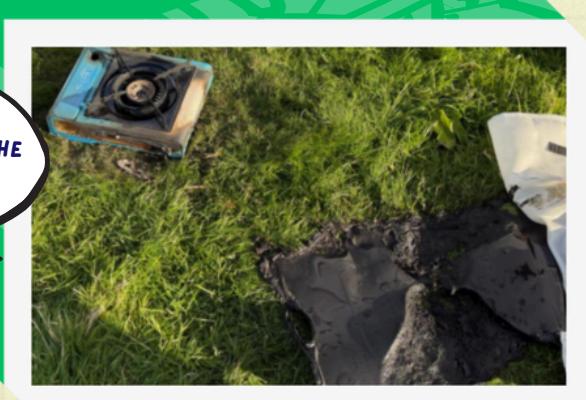


# WAIT! THERE'S MORE INFORMATION TO GO THROUGH FIRST

- Cooking Time - consider how much patience you have to cook your food - quicker cooking foods tend to be preferred by most.
- You MUST have breakfast, it will set you up for the day. So if you prefer not to cook in the morning make sure you have a cold alternative. If you are planning to cook – then make sure you get up in time – you'll need enough time to cook, eat and clean up before flag break.
- Meal times can be a quick turnaround, and it's really easy to get pre-occupied with other stuff. You need to stay focused on preparing your meal and more importantly tidying-up afterwards! Think about this when planning your menu - preparation is the key to making your life easy.
- Calorie dense – camping and activities takes a lot of energy, so you need food that can properly refuel you.
- Lightweight – keep it as lightweight as possible - you have to carry it. And think about bulk, don't take a whole box of cereal if there is only two of you! If you need salt or pepper- can you take a small amount in a small container (remember to label it so ALL your group knows what it is!!!)
- Storage – Items in cardboard and paper tend to get damp.
- Do any preparing at home – do any items need chopped? Could they be prepared at home and put in a box/zip lock bag for example onions or smoked sausage so you just need to throw it in to heat.
- Pre-cooked meals – could you pre-cook at home and put into food takeaway boxes. Then they are easy to reheat at camp with limited effort (also avoids raw ingredients, prepping and chopping).
- Also, if you freeze pre-prepped meals - it slowly defrosts keeping it cool. If deciding to freeze things - Leave to cool completely then pop in a freezer-proof container, it will keep in the freezer for up to 3 months. Best to put the container in a food bag so it doesn't make other items wet as it defrosts. It can be used as the cool block to keep other things cool! BUT make sure it has time to defrost before it needs to be used!!!
- Smoked sausage makes a great meat – it's not raw, doesn't need refrigerated. Scouts also prefer to handle as opposed to raw meat – and it's safer.
- Sweedish meatballs is also popular at Scout camp. If you don't have an Ikea locally, Farmfoods do great ones. And the ones Iceland do are a close second.
- Or bacon cooks quickly – and if you get lardons then no need to chop
- Tinned Tuna is also a great option if everyone likes it – look for ring-pull tins to make opening easier.
- Microwave rice pouches can be cooked in a pot (like a boil in the bag).
- Orzo pasta is quicker to cook than other pastas, or get quick cook penne pasta as opposed to the ones that take longer.
- Supper noodles are quick to cook and a good accompaniment or okay if you add other stuff to them – but probably not substantial enough on their own.
- Take-a-way food containers are a great way to take food, keeps airtight and dry, can take appropriate size portions and can write instructions on tub. Labels are your friend.
- Bring diluting juice – make sure you drink plenty throughout the day. A bottle of diluting juice is a great idea to have and can be drunk hot or cold!

- It's a team effort - if you're first back from activities can you get on with setting-up and prep. Remember some may be off-site so may return late than others. Don't leave one person to it, everyone should be involved. But you don't all need to stand round a pot and stir – can you split the jobs up! But remember, if you're not cooking, don't wander off, as your food will get cold while everyone else enjoys their nice warm meal. Food gets cold fast outdoors!
- Measuring stuff – remember if you need to measure anything out like milk or water – take a measuring jug OR mark measurements on your cup with a sharpie.
- Snacks for morning Activities – assuming you have got up early and had an early Breakfast then you are away on activities – it is a good idea to have a mid morning snack – energy bar or fruit is ideal for this.

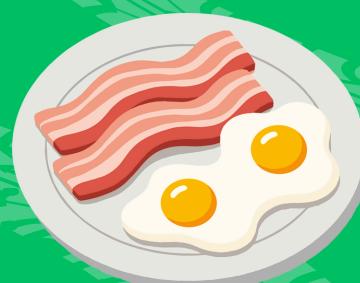
## WELL DONE ON MAKING IT TO THE END! ARE YOU READY TO START PLANNING?



# BREAKFAST IDEAS

## Make sure you have breakfast!

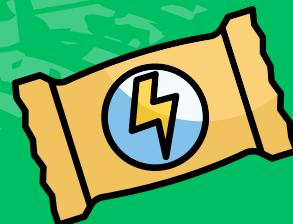
- Cereal can be decanted into smaller boxes – taking large boxes are bulky, they get damp and squashed.
- Cereal bars or things like Frostie cereal bars – avoids bulk and the need for milk
- Go Ahead Yoghurt Breaks
- Kellogg's Rice Krispie Squares Marshmallow
- Instant porridge pots– the Golden Syrup ones are a good option
- Fruit – banana, apple or box pre-prepped fruit
- Chocolate brioche – again avoids bulk, no need for cooking and no milk
- Think if you'll want to make a hot breakfast. If you do keep it simple.
- Omelette in a Ziplock bag - <https://www.allrecipes.com/recipe/85107/omelet-in-a-bag/>
- Bacon cooks quicker than sausages
- If you prefer not to cook then cold meat or a jam sandwich/croissants



# LUNCH IDEAS

Lunch must be planned as a packed lunch (you may be allocated to an all-day activity and need to prepare it before you leave site).

- Wraps and pitta breads are less likely to get squashed and not so bulky to carry as bread
- Cold sausage rolls, pies or pork pies
- Cup-a-soups are handy to have just in case it's been a cold day.
- Peperami sticks
- Cheesestring Attack A Snack boxes / Dairylea Lunchables / Dairylea dunkers
- Cold pasta pot - either ones you buy in the supermarket, or you could cook and prepare one at home and take it with you.
- High energy snacks – such as protein bars, mini bags of trail Mix, Nuts, Dried Fruit
- Haribo Gummy sweets and Jelly Beans, wine gums are all good picks for sugar. But remember not too many sweets!!!
- Soreen Malt – individual lunchbox packs / or cake bar
- Jelly or Jelly and fruit pots
- Fruit / Crisps / Biscuits



# DINNER IDEAS

- Filled pasta works well - doesn't take long to cook (3-5 mins to cook) Once drained can add the pasta sauce to pan to heat and then add the pasta back into pan – SO YOU ONLY NEED ONE PAN!
- Swedish meatballs, tomato sauce and pasta (quick cook penne) – and some grated cheese if you like
- Pasta, smoked sausage and sauce
- Pasta with tuna and sweetcorn
- Cheesy pasta is a great option – and you can even add stuff to it like ham or smoked sausage or veggies
- Super noodle Ramen

Put the noodles in a large pan, add 300ml boiling water and bring to a gentle simmer.

Add flavour sachet, reduce heat

Add handful of stir fry veg (the bags you get in supermarkets – choose your preference – or make your own)

Add 1 tbsp soy sauce (take a small amount in a little tub clearly ladled)

You can finish off with a drizzle of sriracha, chilli flakes or a squeeze of lime

If you want to be really sophisticated boil an egg – half it and serve on top

- Pre-cooked meals at home that are easy to reheat, such as:

Curry – with rice pouches or serve with Nan breads OR Poppadoms instead

Spaghetti Bolognese – with quick cook pasta

Chilli - served with rice pouches OR serve with Nacho crisps – and you can even take some grated cheese

Sausage casserole

- Sweet and sour with egg or rice noodles (noodles cook quickly)
- Mac and cheese

Make the cheese sauce at home and freeze

Cook pasta at camp – drain

Heat cheese sauce, add smoked sausage (if you like), add pasta back into sauce

- Frying pan pizza - <https://www.youtube.com/watch?v=SFjeyf1dXN0>

You can use tomato puree as your base OR if you prefer you can make a fancy pizza topping at home and take in a small tub – add herbs, garlic paste, olive oil to tomato puree and mix

You can add any whatever ingredients you like such as ham, sweetcorn, onions – to make it easier you can prepare the toppings at home and take in food bag (when I do this I put all the toppings (not the cheese) in one bag)



# DESSERT IDEAS

- Cake or fruit pies and custard - Lyle's Golden Syrup Cake is always a hit!
- Banana (or any other fruit) and custard
- Rice pudding or custard pots – can eat cold or hot (you even get instant custard you just add water too if you want to go really lightweight)