

Pack'n'Go™

Ultralight Dehydrated Food for:
Hiking - Camping - Climbing
Extreme Adventure Sports
Polar Expeditions - Aid Relief



PASSIONATE ABOUT THE OUTDOORS



Pack'n'Go Hiking & Camping Products

For hiking, camping, climbing and other outdoors activities we have developed a range of products including 7 standard 24-hour menus providing 2500 Kcal for a full days exercise. We further have over 100 items which can be added on to the menus or used to compose your own expedition rations. All our products are formulated by our own health nutritionist and gourmet chefs and are made with high quality natural ingredients. All our packs are provided with labels showing the ingredients, calories, nett weight and clear instructions for use. The meals and labels are conform the UK and EU legislation for food manufacturing and labeling.

- 24-Hour Menus
- Meal Soups
- Beverages
- Hygiene Packs
- Breakfast Meals
- Desserts
- Energy Bars
- Energy Drinks
- Main Meals
- Beverages Packs
- Sundry Packs
- other products

Bespoke Products - Specialist Expedition Range

For expeditions in extreme conditions like polar exploration and mountaineering we have bespoke nutritional programs and one-on-one advice available. Bespoke specialist expedition menus are formulated and manufactured in our own laboratories and production facilities. With over 20 years of experience in arctic and mountaineering expeditions you get all you need from Pack'n'Go on your adventure.

- Expedition Rations
- 4500+ Kcal Menus
- Army Rations

Calories

Our menus are composed to contain the right amount of calories for outdoor hiking or extreme expeditions and the individual meals are designed to provide even energy levels And because we are passionate about the outdoors we continue to develop healthier and better tasting expedition foods.

<i>Exercise</i>		<i>Climatical condition</i>				
<i>Duration</i>	<i>Intensity</i>	<i>Arctic</i>	<i>Cold</i>	<i>Cool</i>	<i>Warm</i>	<i>Hot</i>
3-6 Hours	Light	3500	3250	3000	2500	2700
3-6 Hours	Medium	4000	3500	3200	2800	3000
7-10 Hours	Medium	4500	4000	3500	3200	3300
3-6 Hours	Heavy	5000	4500	4000	3400	3600
7-10 Hours	Heavy	5500	5000	4500	3800	4000

A (rough) guide for 24-hour caloric rations for outdoors activities in different climatical conditions (values in Kcal)

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