



HURRICANE ISLAND
OUTWARD BOUND SCHOOL

“First we eat, then we do everything else.” -M.F.K. Fisher

Food! It's a critical part of the success of a HIOBS expedition. This informational document is intended to help address some of the questions and concerns we typically hear from our applicants and their families. Included are some samples of what the menu might look like for a few days on course (be sure to read our disclaimer!)

Each day students will prepare three meals, with the help of their instructors. Additionally, a minimum of two snacks per day are allotted to the group. Vegetables are often packed “pantry style” and are added to meals as students learn to prepare them. Fruits are a common snack, whether fresh or dried. As the course progresses, students gain more autonomy surrounding food choices, timing, and what meals to select for the day.

How are the course menus designed?

Students and instructors eat enormous amounts of food while on expedition. Life on an Outward Bound course can be physically and emotionally exhausting, especially at the end of a long travel day. Our menus are designed to support our students and have been crafted over the decades that our staff have spent in the field.

Here are some of our key considerations:

- Most students burn more calories on course than in a “typical” day
- Our food must be stable without refrigeration
- Our food must be enjoyable to eat
- Our food must meet dietary needs
- Much of our food contains simple carbohydrates, that can easily be turned into fuel

How will it look different than a “normal” diet?

Much of our food may look slightly different than a student's average daily food in several ways. Students often note that we have less meat than in the field than they eat at home. In the field, the protein is frequently coming from non-meat sources. We do not pack many sweet treats, but there are many snacks!

Being on course is also an opportunity for students to learn how to cook new meals and take pride in feeding their peers. Many students walk away with a greater understanding of cooking techniques and recipes!



HURRICANE ISLAND
OUTWARD BOUND SCHOOL

What might a daily menu look like?

- Breakfast can be a hot or cold meal
- Lunch is usually cold and prepared while traveling to the day's destination
- Dinner is hot and is a very large meal
- Two snacks are worked into the daily flow when appropriate
- Check out the 3-Day Sample Menu below for an idea of what these meals might look like

Sample Menu Disclaimer

We know how helpful it can be to have an example of what it might look like while you're on course. Keep in mind that there's no guarantee that the sample meals we've included below will actually be provided – our instructor teams like to riff on favorites and create new options from the basic ingredients they take in the field... but these samples are pretty typical!

Want more information?

If you have specific dietary needs or restrictions, please be sure to mention them to your course advisor. We will most likely have you complete a Dietary Questionnaire to gather more information to support your diet in the field. If you would like further information, please inquire with our admissions team about allergens and specific food needs!



HURRICANE ISLAND
OUTWARD BOUND SCHOOL

Three-Day Sample Menu

Day 1

Oatmeal	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Quick Oats	255	4.25	46	8.5	0	0	2.7
Brown Sugar	15	0	4	0	0	0	0
Powdered Milk	60	0	9	6	90	0	0
Craisins	130	0	33	0	0	0	0
Peanut Butter	95	8	3	4	63	18	1
Totals	555	12.25	95	18.5	153	18	3.7

Snack: Apples

Cheese & Peperoni Wraps	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Cheese	457	38	1	28	704	818	1
Peperoni	700	60	5	35	3000	0	0
Tortilla	285	8	48	6	540	75	3
Totals	1442	106	54	69	4244	893	4

Snack: Fig Newtons

Sweet Potato Cous Cous	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Cous Cous	320	0.5	66	11	9	20	1
Sweet Potato	51	0	12	1	20	21	0
Craisins	130	0	33	0	0	0	0
Cheese	352	28.8	3	22.4	563	654	0.62
Totals	853	29.3	114	34.4	592	695	1.62



HURRICANE ISLAND
OUTWARD BOUND SCHOOL

Day 2

Hashbrowns	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Dehydrated Potatoes	90	3	13	1	250	10	0.2
Cheese	352	28.8	3	22.4	563	654	0.62
Salsa	10	0	2	0	250	0	0
Totals	452	31.8	18	23.4	1063	664	0.82

Snack: GORP (Trail Mix)

Chicken Salad	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Canned Chicken	90	2	0	18	520	0	0
Mayonaise	90	10	0	0	70	0	0
Bagels	433	3	84	16	841	29	2
Totals	613	15	84	34	1431	29	2

Snack: Pretzels

Mac & Cheese	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Macaroni Noodles	400	2	82	14	0	0	2
Cheese Powder	45	1	9	0	300	0	0
Cheddar	352	28.8	3	22.4	563	654	0.62
Powdered Milk	60	0	9	6	90	0	0
Totals	857	31.8	103	42.4	953	654	2.62



HURRICANE ISLAND
OUTWARD BOUND SCHOOL

Day 3

Grapenut Cereal	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Grapenuts	400	2	94	12	560	20	16.2
Powdered Milk	60	0	9	6	90	0	0
Totals	460	2	103	18	650	20	16.2

Snack: Goldfish

Cream Cheese & Jelly	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Pitas	360	3	69	15	480	117	1
Cream Cheese	135	13.5	3	3	143	41	0
Grape Jelly	100	0	26	0	10	0	0
Totals	595	16.5	98	18	633	158	1

Snack: Oranges

Sweet Potato Cous Cous	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Cous Cous	320	0.5	66	11	9	20	1
Sweet Potato	51	0	12	1	20	21	0
Craisins	130	0	33	0	0	0	0
Cheese	352	28.8	3	22.4	563	654	0.62
Totals	853	29.3	114	34.4	592	695	1.62



HURRICANE ISLAND
OUTWARD BOUND SCHOOL

Snacks

Fig Newtons	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
	275	5	55	2.5	275	50	2

Goldfish	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
	280	10	40	6	500	80	

GORP	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
	600	33	63	15	15	120	2

Pretzels	Calories	Fats (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Calcium (mg)	Iron (mg)
	545	4	115	14	1760	290	6