

Nutrition & Hydration Guidance

Your Joining Instructions will outline meal planning/arrangements & any water top ups

We often find participants like to bring their own preferred top up energy snacks in addition to what we provide in order to satisfy unique diets. This guide will help you make good choices in your training programme and whilst on event around nutritious fuel you will need to perform well.

Key notes to remember:

1. Bring food that you like to eat. If you don't enjoy it, then you won't eat it.
2. Eat before you're hungry, drink before you're thirsty.
3. Hydrate well by sipping water throughout the day for a full 24 hours before the event.
4. Eat a carbohydrate-dense meal just before the event, such as pasta, rice and bread.
5. Now is not the time to be dieting. You need a decent amount of calories to keep you going.
6. Avoid littering. Either find a bin en-route or carry it in your bag.

Substantial food

Slow-burning food is a necessity to complete a long-duration event. Slow-burning foods to keep you going include sandwiches, wraps, pasta/rice/lentil/potato dishes. Avoid fatty fast-foods as they take a while to digest and instead make nutritious choices for increased energy.

Snack food

Calories need to be replaced often so your body can continue to exercise. The easiest way to do this is to eat little amounts often. Popular choices are cereal bars, flapjacks, fresh and dried fruit, dark chocolate, nuts, seeds, smoothies and sweets. Carrot/courgette sticks and hummus/peanut butter in mini tupperware with rice/corn/protein crackers, rye crispbreads and oatcakes are a healthy choice.

Drinks

Staying hydrated is crucial, so ensure your water bottle is topped up when available. A few electrolyte tablets are useful to pack. Once added to water they restore hydration, prevent muscle cramps and replace lost salts from sweat. Zero and Nuun are popular electrolyte brands. Sugary drinks can be useful if lacking energy but will cause a sugar crash if relied on throughout an event. Glucose tablets/chews or isotonic gels can be useful $\frac{3}{4}$ of the way through the challenge when you really need a boost. 'Lift' glucose tablets and SIS or High5 gels are a popular choice. A word of warning though to not over do these or again you will crash and not feel pleasant in your stomach. For some events you may wish to bring a small lightweight flask (Hydroflask) to add hot water available to a dried soup/noodle mix, herbal tea bag or oats for a drinkable porridge. Avoid drinking too much caffeine to prevent energy/focus crashes. Drinking alcohol the night before really isn't great preparation as severely dehydrates so save the champagne for the finish line!

