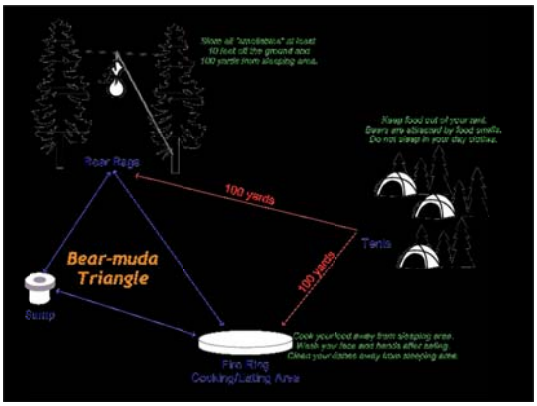
Camp Cooking 101 Handout

Outdoor Adventures, UREC

Camp Cooking 101

- Kitchen Placement (Harvey 1999, p. 230).
    - Not near tent
    - Distributes trample impact
    - Tough surface area
    - Dry, comfortable sheltered area
    - Protected from wind
    - Area that offers a good early morning sunny view



- Kitchen Gear (Harvey 1999, p. 230).
    - Pots
    - Pot grips
    - Frying pan
    - Utensils
    - Large spoon
    - Spatula
    - Strainer
    - Water container
    - Trash receptacles
    - Zip-lock bags
- Cooking with stoves (Cox & Fulsas 2003, p. 63-65).
    - Types of stoves
        - Cartridge
        - White gas with integrated fuel tank
        - Kerosene with integrated fuel tank
        - White gas using fuel bottle as tank
        - Multifuel
        - Cartridge with flexible hose
        - Hanging
- Fuel
    - Minimum of 4 ounces per person per day
        - As much as twice the norm when in cooler weather
        - Must be pressurized
        - Must flow at a sufficient rate
    - Types
        - White gas

            - Most popular stove fuel in North America
            - Burns hotter than butane
            - Can be used as its own priming agent
            - Highly evaporative
        - Kerosene
            - Heat output comparable to white gas
            - Less volatile than white gas
            - Safer to transport and store
            - Must be primed
        - Alcohol
        - Lighter fluid
        - Priming paste
        - Butane
            - Most convenient
            - Easy to light
            - Good flame control
            - Immediate maximum heat output
            - No chance of fuel spill
            - No priming or pumping
            - Less output in cold conditions
- Cleaning up (Harvey 1999, p. 240).
    - Leave no trace
        - Stoves are better than campfires (Cox & Fulsas 2003, p. 62).
            - Faster
            - Cleaner
            - More convenient
            - Operate in almost all conditions
    - Minimal impact on environment
        - Clean up each night before going to sleep
            - Prevents animals from scouring through camp area
            - Easier to find things for breakfast in the morning
            - Keeps dishes clean
            - Limits bacteria growth on cooking wear and plates
    - How to wash dishes
        - Use abrasive pad
        - Wash with hot / room temperature water
        - Do not wash near water source
        - Do not use soap
            - Contaminates may leak into the water source

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