Outdoor Adventures, UREC

Camp Cooking 101

  - 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).
  o Leave no trace
    ▪ Stoves are better than campfires (Cox & Fulsas 2003, p. 62).
      • Faster
      • Cleaner
      • More convenient
      • Operate in almost all conditions

  o 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

  o 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
References


   Anchorage, Alaska: Northern Printing. (Original work published 2000)

Choice by Challenge. Retrieved October 18, 2010 from Wilderdom.com:

   http://wilderdom.com/ABC/ChallengeByChoice.html


*Teaching Leave No Trace*. (n.d.). Leave No Trace, Center for Outdoor Ethics.