

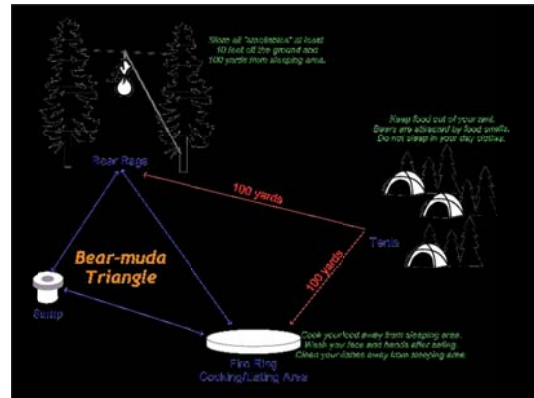
# Camp Cooking 101 Handout



## 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

## References

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