



Cooking & Menus in the Back & Front Country

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Introductions

- **Who has experience with cooking in the outdoors?**
- **Who has experience cooking in the front country?**
- **Who has experience cooking in the back country?**
- **What are your favorite meals to prepare?**
- **What are your favorite tips for cooking in the outdoors?**





Objectives

By the end of this session you will:

- **Understand the difference between front and back country and how it effects menu planning**
- **Know how to plan nutritious meals**
- **Know how to store and prepare foods safely**
- **Be able to apply the Leave no Trace principles**





Front Country vs. Back Country

Front Country

AKA: Car Camping
Easily accessible by vehicle
Developed Campground
Varied Facilities – may have electricity
Potable Water usually available

Back Country

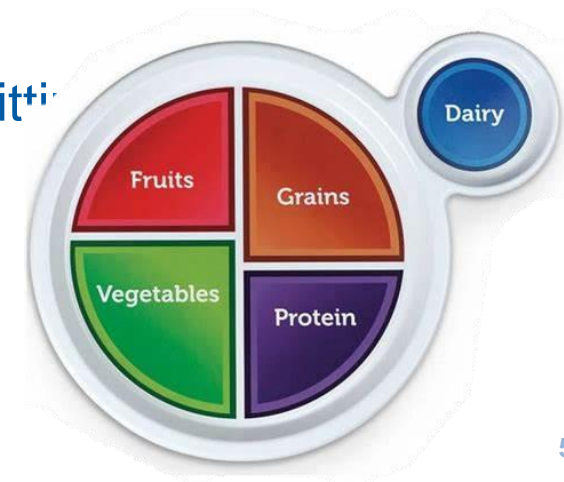
Isolated and remote location
No Vehicle Access
Limited Facilities – must be self sufficient
Nothing Developed
Carry everything you need
No potable Water





Meal Planning

- **Meals can be the same as what you eat at home**
 - Preparation may be different depending on facilities and equipment
 - Prep as much at home as possible
 - Cook extra then dehydrate leftovers to make your own backpacking meals
- **Plan for increased nutritional needs**
 - Consider activities – backpacking and hiking will require more calories than sitting around the campfire
 - Being outdoors will use more calories than sitting
 - Plan nutritious, delicious meals
- **Prepare ahead as much as possible**





Menu Planning

How many days will you be out?

Factor in the meal you'll eat at the trailhead and when you're done with your trip.

What is the size of your group?

Meals can be much simpler if you're going solo. If you're backpacking with others, decide whether you want to share meals. A larger group can split the weight of food as well as fuel and cookware.

What does your day look like?

If you're clocking many miles over rugged terrain one day, you may want to load up on snacks that you can eat on the go and plan a no-hassle dinner that night.

Don't forget extra food
One of the 10 Essentials

Factors to Consider

- **Group size**
- **Duration of trip**
- **Purpose of trip**
- **Exertion level**
- **Weather**
- **Altitude**
- **Individual appetites**
- **Food preferences**
- **Nutritional balance**
- **Expense and availability**
- **Spoilage**
- **Ease of packaging**
- **Weight**
- **Possible dietary limitations**





Planning: How much food?

A reasonable goal is about 1½ to 2½ lbs. of food (2,500 to 4,500 calories) per person per day.

- **1.5 ppppd**
 - Good for hot days and warm nights
 - Base camping or short trips (2 to 5 days)
 - Roughly 2,500 to 3,000 calories per person
- **1.75 to 2.0 ppppd**
 - Warm or cool days and nights
 - Hiking with full packs (7 days or longer)
 - Moderate to active workdays
 - Roughly 3,000 to 3,500 calories per person
- **2.0 to 2.25 ppppd**
 - Cool days and cold nights
 - Hiking or skiing with full packs
 - Ideal for heavy workdays and cold temperatures
 - Roughly 3,500 to 4,500 calories per person
- **2.5 to 2.0 ppppd**
 - Cold days and extremely cold nights
 - Midwinter skiing or snowshoeing with full packs or sleds
 - Extremely strenuous workdays and very cold temperatures
 - Roughly 4,000 to 5,000 calories per person





Front Country Cooking

- **Equipment**
 - Weight and size less of an issue
 - Portable kitchens, multi-burner camp stoves, dutch ovens
 - Water storage (filtration/purification only if needed)
 - Variety of Dishes
- **Food Safety**
 - Coolers easy to use to keep food cold
 - Food kept in vehicle, bear box, or other animal proof container
- **Dishes**
 - Access to water spigot
 - May have dish washing stations
 - Dish pans easy to transport to site





Back Country Equipment

Light Weight

Maximize space

Minimal Items

- **Stove, Fuel, lighter**

- Jet Boil
- Pocket Rocket
- Kelly Kettle



- **Water**

- Bottle for Drinking water
- Water Filter or purification tablets
- Water Storage (collapsible container)



- **Mess Kit**

- Nesting Mess kit
- Small utensils
- Minimal items



- **Cleaning**

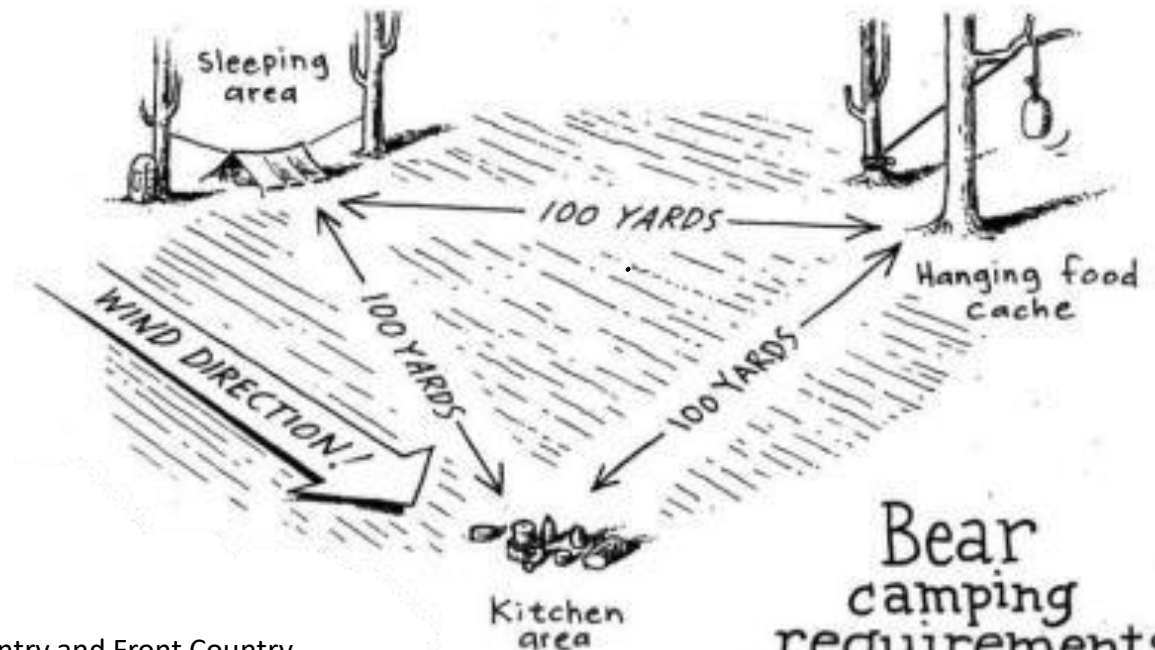
- Containers to wash dishes – multi-purpose, collapsible
- Sanitize utensil





Food Storage

- Dried Food – no refrigeration required
- No long-term refrigeration needed – cold items eaten first
- Hang food away from tent
- Bear Canister, Bear Bag if needed
- Filter Water before use





Back Country Menu Planning

- **Freeze-Dried Food**
- **Dehydrated Food**
 - Can do at home to save money
- **Repackage Food**
 - Cardboard, paper, foil, cans add weight
 - Utilize less expensive quick prep food
 - ex: Rice-a-Roni, Tuna Helper – repackage in vacuum seal, zip-loc bag, or reusable container
 - Decrease amount of packaging needed
- **Seasoning and hot sauce can provide variety with minimal weight**





Dish Washing – 3 Pot Method

Clean as much off dishes as possible

- 1. Water with a few drops of soap**
- 2. Hot water Rinse**
- 3. Cold Water with Bleach or Sanitizer tablet**



Dispose of soapy wash water 200 feet from any water sources. Filter out food particles and put those in a plastic bag to throw away. Then spread the water over a wide area.





Low Cost Food Ideas

- **Tuna packets**
- **Peanut butter**
- **Oatmeal**
- **Trail Mix**
- **Protein Bars**
- **DIY Dehydrated Food**
 - Leftovers
 - Liquid Condiments
 - Sauces
 - Fruit
 - Meat
- **Tortillas**
- **Fruit**
- **Hard meats and cheeses**
- **Instant mashed potatoes**
- **Pasta and Rice Sides**
- **Dehydrated Vegetables**
- **Instant Soup**
- **Combined Dried Goods**
- **Quinoa**
- **Couscous**
- **Granola Bars**

