

## Backpacking and Foods

### **General Commandments on Trail Cookery**

(Go light - no fuss, no mess)

#### **1. Nutritious**

What! pop-tarts for supper again?

#### **2. Low in weight**

Less than a 11 yr. old Scout

#### **3. Taste Great**

Scouts sure are great cooks.....

#### **4. Cooks fast with no fuss**

Hurry up, the batteries are failing...

#### **5. Meets the Boy Scouts of America's handling standards**

Packed by a 11 yr. old Scout

#### **6. Compact**

Smaller than an 11 yr. old Scout

#### **7. Cheap**

No, the Money Tree is not in the Forestry Merit Badge



## Kitchen Accessories

*Mostly shared between Scouts as patrol gear*

**Water proof matches:** with their safety striker box

**Match safe:** water proof with strike anywhere wooden matches

**Camp stove lighter:** Again with the fire

**Pot Holders/ Hot Gloves:** for holding hot pots and pans

**Bandanna:** for holding hot pots when you forget your gloves

**Pot grippers:** for holding hot, hot pots when you forget bandanna

**Pliers:** for fixing cranky stoves and holding hot pots when you forgot everything else

**Grid /grate:** for holding pots higher over the burner or coals.

**Splatter shield / wind shield:** the wind is always blowing

**2'x3' plastic 6 mil sheet:** Clean area to put things down on and catch spills

**Whisk:** for mixing batters and puddings

**Aluminum foil:** several sheets or a roll for cooking, wind screens

**Handy-wipes:** for drying dishes, reusable (**paper towels are waste!**)

**Scouring pad / sponge:** clean up, use plastic scrubby for Teflon

**SOS / Steel Wool:** metal scouring pads only for Non-Teflon surfaces (**NOT FOR DUTCH OVENS!**)

**Pine cone:** for when you forgot the scouring pad

**Dish Soap:** small bottle, biodegradable soap, in a zip bag

**Trash bags:** several for bag in bags

**Cooking oil or Spray:** In a small plastic bottle and in another zip bag

**Small can opener:** better than the one on your knife.

**ZIP bags:** for all kinds of things, wet and dry, all sizes.

## Suggested Breakfast items

Breakfast Bars, Granola Bars  
Pop Tarts (in a pinch)  
Canned juice / Dry juice mixes  
Pancake Mix  
Granola/ Trail Mix  
Powdered Milk  
Melba Toast  
Bakery Goods  
English Muffins w/ butter & Jam  
Fresh fruit - oranges - grapefruit  
Hard boiled eggs (done in advance)  
Milk gravy on pancakes  
Hot Chocolate  
Instant Oatmeal (add raisins, brown sugar)  
Instant Grits  
Sausage and bacon

## Suggested Lunch Items

Dried fruit  
Fresh fruit  
Triscuits/ Wheat Thins/ crackers/ pilot biscuits  
Drink Mix  
Squeeze cheese  
Hard Boiled eggs (done in advance)  
Raw Carrots / Broccoli / Cauliflower  
Peanut Butter  
Salami/ Sausage  
Meat sticks/ Beef Jerky  
Canned chicken / SPAM / Tuna  
Spreadables (Deviled Ham)  
Canned turkey / chicken  
Chocolate bars  
Chewy brownies or cookies

The grocery store really is a good place to buy for the trail. You just have to imagine the food without the package, and plan ahead. Get curious and browse through your nearby supermarket. That trail pack of pancake mix is still only pancake mix.

## Breakfast

1. Instant oatmeal

Tang  
Hot cocoa  
Dried Fruit

2. Bagel with jelly - - - - - > **Bagels are the preferred bread for hikers. They taste good, don't crush, and won't dry out appreciably.**  
Tang  
Hot cocoa  
Dried Fruit

3. Bacon (2 slices) - - - - - > **Take 2 strips of bacon, cut in half, and pre-cook at home until it's almost done (still a bit limp). Wrap tightly in plastic wrap. Bacon prepared this way will keep for a few days and can be easily reheated in his frying pan. Or, use the pre-cooked stuff you get at the supermarket.**  
Freeze-dried scrambled egg  
Bagel (pre-buttered)  
Dried fruit  
Hot cocoa

4. 2 Breakfast bars or Pop-Tarts  
Tang  
Hot cocoa  
Dried fruit

5. Pancakes **Buy the pancake mix that only needs to add water, and put just enough for 2 or 3 pancakes per Scout in a baggie.**  
Bacon  
Syrup/butter  
Hot cocoa

6. Dry cereal (pre-sugared variety)  
Powdered milk  
Hot cocoa  
Dried fruit

## Dinner

This is the second most important meal for a hiker's physical needs (**breakfast is first**), but the most important for his mental well-being. By the time dinner rolls around, you will be tired, your feet will hurt, you'll be sunburned and mosquito-bitten, you will itch, your patience will be nonexistent, and you really will be very hungry. This means the evening meal needs to be simple, quick to fix, appealing to his palate (**something he will eat**), and should contain the right foods for the body. The evening meal is when you should eat the majority of the day's supply of protein and fats. Since fats take more time to digest than carbohydrates, your body will be using the fats and proteins to repair itself while he's asleep.

The ingredients and possible dinners listed below are always changing but will give you an idea what's available. All it takes is a little imagination and you have a first class meal. When you must repackage things that need directions, cut out the directions from the box, put into the baggie with the food, and then seal with a twister; rewrite the directions in simple language on a piece of paper, portioned according to the amount you will prepare, and include with the food.

Try to include soup with each dinner; this is to help get more water back into your system to prevent dehydration, and also gives you something quick to eat while the rest of the meal is cooking.

### 1. Chicken Noodle Cup-a-Soup

Hamburger patty  
Mashed potatoes  
Corn  
Punch  
Hostess Fruit Pie

**Make up the hamburger patties at home and freeze them. As you get ready to go on Friday afternoon, wrap the frozen patties in foil, shiny side in, and seal in a small Ziploc bag. Buy instant mashed potatoes and pack one serving per Scout sealed in a bag. Add a dash of powdered milk to make it creamier. Buy frozen whole-kernel corn; send one serving along per Scout sealed in a bag. Wrap the hamburger and corn in a spare T-shirt for insulation; it will thaw slowly during the day Saturday and be ready to cook at night. For punch, try artificially sweetened Kool-aid or Crystal Lite as they are light weight and taste good. You don't need the sugar in the evening.**

### 2. Vegetable Cup-a-Soup

Chicken Top Ramen  
Bagel  
Small can chicken  
Punch  
Hostess Ding-Dongs

**Dump the chicken into the Top Ramen while it is cooking.**

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3. Chicken Noodle Cup-a-Soup

Small can chicken  
1/2 Cup White Rice  
1/2 package Chicken Gravy Mix  
Punch  
Twinkies

**Put the rice (regular long-grain rice) in the small pot with 1 cup of water, dump in the chicken, cook for 15 minutes on low heat, covered. Mix the gravy up according to directions, dump in with chicken and rice, and heat until boiling.**

4. Chicken Broth Cup-a-Soup

Two hot dogs  
1 Tablespoon Spaghetti Sauce Mix  
Spaghetti Noodles  
4 packages McDonald's Catsup  
Punch  
Instant Pudding with powdered milk

**Break spaghetti noodles into smaller lengths at home. Boil in pot for 10 minutes or so. Pour off most of water, put sauce mix and catsup into pot with noodles. Cut hot dogs into small chunks and add to noodles and sauce. Cook over low heat, stirring, until hot dogs are hot. Clean out pot after eating out of it, put pre-measured instant pudding and powdered milk into pot, add proper amount of cold water, stir, let stand until thickened, eat.**

5. Chicken Broth Cup-a-Soup

1/2 package Kraft Macaroni & Cheese  
Small can tuna  
Corn  
Punch  
Home made chocolate chip cookies

**Repackage the macaroni in one Ziploc bag and the cheese mix in another Ziploc bag, along with some powdered milk. Cook according to directions; add the tuna at the end, reheat, eat.**