

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.