

Nutrition and Menu Planning

This section discusses food and menu planning for a trip. Food is an important part of any trip. The basic objectives of menu planning are to meet the group's nutritional and energy requirements for the activity level and the environmental conditions encountered daily. Furthermore meals that are tasty and enjoyed by everyone are a great morale booster. Meal preparation and consumption can be one of the most sociable ingredients of any trip if well planned. In this section you will learn about:

- Energy requirements: calories needed and quality calorie sources.
- The right food at the right time
- The importance of snacks and grazing
- Keeping hydrated
- Group considerations
- Menu planning
- Packaging and packing food

This section provides the following tools to help you plan your trip:

- Menu Plan Worksheet
- Quantity Calculation Worksheet

Energy Requirements – Nutrition Basics

Most activity failure is due to energy failure. Activity intensity, terrain, weather, and physical fitness contribute to exhaustion. Each of these factors uses energy which comes from food and fluids. The best way to prevent exhaustion is to take in enough food to generate energy to complete the task. Your choice of fuel (food and fluids) affects how well this works, when and how much energy is released.

For good health and to generate the energy to fuel your body you need a balanced diet. The five nutrients needed to balance your diet are carbohydrates, proteins, fats, vitamins, and water. A diet of 60%–70% carbohydrates, 20–25% fat, and 10–15% protein is considered balanced and maximizes performance.

The energy the body uses is measured in units of heat called calories. A normal female consumes approximately 2000 and a male approximately 2500 calories during a normal day. Depending on the activity intensity, terrain, and weather an outdoor enthusiast can use between 3500 to 5500 calories a day. The majority of calories come from carbohydrates, but the body will also use fat and protein to generate energy. The body first burns simple sugars then complex starches acquired from carbohy-

CALORIC INTAKE

Don't try to lose weight by counting on your body fat to supply energy during the trip. It takes a lot of heavy activity over many days to lose weight. Your focus should be on maintaining a constant blood sugar level and energy level by continually eating complex carbohydrates.

drates before using fat and at times protein for energy. Water, vitamins and minerals are the catalysts in this process. Below is a brief explanation of the importance of each nutrient.

CARBOHYDRATES

During digestion carbohydrates in food and fluids are converted rapidly to glucose that is transported by the blood to cells. Glucose in the form of glycogen is stored in the muscles and liver. Carbohydrates come in two forms – simple sugars and complex starches. Simple sugars are depleted quickly by activity, while starches are released over a longer period of time. Your storage capacity is small, so during a strenuous activity like backpacking or cross country skiing, your blood sugar levels can drop dramatically in a single hour. To keep your blood sugar and energy levels high over time you must eat complex carbohydrates on a regular basis. In other words “graze” by snacking throughout the day.

Sources of simple carbohydrates: energy bars, chocolate, candy

Sources of complex carbohydrates: fresh or dried fruits, low-fat cookies, whole grain bagels, muffins, muesli, whole grain breads, beans, peas, bulgur, lentils, oatmeal, pasta, brown rice, cereals, fruits, vegetables, applesauce, juices, potatoes and energy bars.

FAT

One calorie of fat produces twice the energy of a calorie of carbohydrate but your cells do not release it for use unless the exercise period is extremely long and intense. Fat will start to be burned after 60 to 90 minutes of exercise.

Sources of fat: butter, margarine, cooking oil, mayonnaise, cheese, peanut butter, peanuts, chocolate, meat, eggs and some nuts.

PROTEINS

Protein contains amino acids necessary for tissue maintenance, repair and growth. They are responsible for the regulation of water balance and production of compounds essential for normal body functions. Proteins are essential in the metabolism of carbohydrates. Sources of protein: meat, fish, poultry, eggs, milk, beans, cheese, and nuts.

VITAMINS AND MINERALS

Vitamins and minerals do not provide the body with energy, but rather assist in metabolic functions, including those that release energy from food sources. Only minute amounts are needed; therefore, the best and safest way to obtain optimal amounts of the essential vitamins and minerals is to eat a well balanced diet, e.g. foods from all food groups.

WATER

Water is the most neglected nutrient. Water is essential for maintain-

ing normal body temperature, maintaining normal blood volume, digestion, and transporting essential elements to and metabolic waste away from the cells. One way to determine if you are getting enough fluid is to check the colour of your urine. It should be very pale yellow. If it is dark you are likely dehydrated. Water is the best replacement fluid, unless the exercise continues longer than two hours. A carbohydrate drink such as fruit juice diluted 50/50 with water is useful in providing carbohydrates to maintain normal blood sugar levels. Dilute juice also provides electrolytes and vitamins, which will be useful for all-day activities. Diluted fruit juices are more thirst quenching.

The Right Food at the Right Time

Correctly planning what and when to eat ensures that your body will have ample energy when it is needed.

The body metabolizes carbohydrates, protein, and fat at different rates. Glucose in the bloodstream is used first, followed by the glycogen stored in the muscles and liver. Once these sources are depleted the body starts to break down fat reserves and then protein in the muscle. Simple sugars are digested within 20 to 60 minutes. On average complex carbohydrates, protein, and fat require 1–3, 4–5 and 5–9 hours respectively, to digest. This varies among individuals according to their metabolic rate. Eating protein and fat with carbohydrates slows absorption of carbohydrates extending the time period glucose is released into the blood.

- A breakfast high in complex carbohydrates is important for quick energy production for days when you are starting out early. Examples are oatmeal with dried fruit or whole wheat bagels with cream cheese or peanut butter.
- A high fat breakfast would not be used by the body until the afternoon, impairing your morning performance. Examples are most granola cereals or pancakes fried in oil or butter.
- If you feel tired, eat a simple sugar food source for a quick boost but it must be accompanied by complex carbohydrates, e.g. chocolate or candy followed by an energy bar.
- The best snack choices are foods high in complex carbohydrates, with small amounts of simple sugars, and plenty of water. Examples are fresh fruit, which are a great source of both simple and complex carbohydrates, plus they contain a high percentage of water. Food bars or other supplements are appropriate only if they are low in fat and high in carbohydrates.
- Supper can include a higher percentage of fat. This will ensure that it is digested by the morning.

Eating smaller amounts (grazing) more often is better than eating larger amounts less often. This is especially true at lunch when you have a short break. A large lunch will make you feel sluggish until the

DEHYDRATION

Signs of dehydration: headache, fatigue, dark yellow or orange urine, low urine output, and constipation.

SNACKING

- Consuming a high carbohydrate diet (60–70% carbohydrates) for several days before a trip will double your glycogen stores and can increase your performance.
 - It is better to “graze” or snack frequently during the day in addition to having three healthy meals. This will keep your blood sugar levels in balance.
 - If the drive to the starting point is long, have a snack a half hour before your arrival to help fuel your body before the adventure begins.
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food is digested.

The best time frame to replenish glycogen to the muscles is between 30 minutes to 2 hours after you stop for the day. Once you arrive at camp, have a snack and fluid such as hot soup. The energy surge and morale boost is wonderful. Dinner should include generous quantities of starches (rice, pasta, potatoes, and bread), some protein and fat.

The body can absorb approximately one litre of water an hour. In hot weather or during strenuous exercise the body can lose more than a litre of water per hour. Often water is not readily available during the day. These situations can result in dehydration.

- Sip water continually rather than drinking a large amount at one time. Replenish water at every rest stop.
- Check the colour of your urine for indications of dehydration.
- Once you arrive at camp slowly drink .75 litres of water and then sip continually during the evening to rebalance your fluid level.

Pre-trip Group Considerations

Menu planning is centered on nutrition basics, but it is important to incorporate some group interaction into the process so that everyone is satisfied with the end result. The group should come to consensus on the following:

- Likes/dislikes – ask all members of the group what they enjoy and what they dislike. Once the menu is established review it with the group. The individual and group can be put at risk if someone does not eat properly because they dislike the food.
- Allergies – Avoid allergic foods. If any one person can have an anaphylactic reaction to a food, make sure the food is not on the trip.
- Vegetarians – It is possible to have a great vegetarian menu plan. Be considerate and learn more about nutrition.
- Spicy food – Camping is not the venue for heavily spiced foods that cause indigestion.
- Gaseous food – Avoid foods that cause gas. If you're sharing a tent it will be appreciated.
- Dehydration – Beware of alcohol, black tea and coffee – they dehydrate you.

COOKING FUEL

- Do as much pre-trip cooking as possible to reduce the amount of fuel needed on trip.
 - 75–100mL/person/day is usually plenty of fuel based on one course breakfasts and one pot dinners during the Spring, Summer and Fall seasons.
 - 150–200mL/person/day for Winter activities is required to accommodate for increased consumption (e.g. melting snow, warm lunches; colder temperatures require more energy to heat meals/water).
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Types of Food

FRESH FOODS

Fresh foods are the tastiest but the drawbacks are weight and spoilage. Check fresh foods daily for spoilage. Most will last 24 hours and some vegetables can last days. Be careful of foods that spoil quickly and can cause gastroenteritis, e.g. chicken, eggs.

Some foods can be frozen and used the next day if kept insulated, e.g.

steak, eggs premixed in a leak proof container.

Dried meats (pepperoni sticks) and hard cheeses last.

Fresh food that travel well;

- Vegetables: snow peas, peppers, mushrooms, cabbage, cucumbers, zucchini, garlic, ginger, carrots and romaine lettuce, beans (black), hummus
- Fruit: oranges, apples, mandarins
- Breads: bagels, rye, pita, tortillas, any dense bread

Extras; cookies, wheat thins, nuts, candies, jam, nut butter, cream cheese.

In tubes; margarine, peanut butter, mustard, relish, tomato paste.

In small cans: tuna, salmon, herring.

Flavour enhancers:

- Dried Herbs: parsley, savory, dill, cumin.
- Spices: cinnamon, nutmeg, cayenne, lemon, black pepper.
- Extracts: vanilla, almond, banana, coconut, garlic.
- Condiments: mustard, vinegar, soy sauce, onion, curry.

DRIED FOODS

Dried foods are great for weight reduction, last forever, and are easily available.

- Cereal, oatmeal, cream of wheat, pancake mix, bannock.
- Pasta, couscous, bulgur, rice, potatoes, Oriental noodles, refried beans, black beans, Ramen, instant soups.
- Dried fruit – apricots, apples, pears, raisins, banana, cranberries, etc.
- Drinks – hot chocolate, juice crystals, herbal tea, powdered milk.

DEHYDRATED FOODS

Most foods with water can be dehydrated and is something that you can do but it takes planning and time. They are significantly less costly than freeze-dried. They weigh a bit more and have a shorter shelf life than freeze dried but they are a nice way to add fruits and vegetables to your trip meals.

FREEZE DRIED FOODS

Freeze dried foods reduce your carrying weight to 10% of original weight. They are easy to prepare and most require little or no cooking, saving time and fuel. They retain their original flavour and colour. Freeze dried food are the most expensive alternative.

ESTIMATING FOOD QUANTITIES

- Total daily weight of food per person should be around 700–1250 grams.
 - Breakfast should take up about 25% of the total daily weight.
 - Lunch and snacks should take up about 25% of the total daily weight.
 - Dinner should take up about 50% of the total daily weight.
 - Plan on fluid consumption around half a litre at breakfast, 1–2 litres during the day and up to one litre in the evening.
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PETER HENBURY'S SUPER BANNOCK

Ingredients: (serves 2 people)
250ml self-rising flour
250ml of dried fruit
(apricots & or apples, currant)
1 tbsp. brown sugar
2 tbsp. powdered milk (optional)
Cinnamon to taste
Nutmeg to taste
Procedures:
Mix dry ingredients
Store & carry in ziplock bag
On the trail add 150+ml of
H2O to bag
Close bag & knead bag
Oil or butter pan
Place in pan like a pancake
Cook over low heat
(cover pan to cook)
Flip after bottom is golden
brown

BAGGIES

Self sealing plastic bags are a great way to re-pack food and they can be used as a mixing bowl or for boiling bags to heat meals.

Meal Ideas

BREAKFAST

Quick start foods include dry cereals (granola, muesli) with fruit, muffins, fruit breads, bagels with jam, peanut butter, cream cheese, instant hot cereals, hard boiled eggs, sultanas with cream cheese, jam.

Normal start foods include hot cereals (oatmeal, cream of wheat), eggs (scrambled, omelette), pancakes, French toast, bannock with dried fruit, toasted sandwiches (ham, cheese), rice pudding.

LUNCH

Bread or crackers with dried sausage, pate, peanut butter, jelly, honey, cheese, cream cheese, tuna, salmon.

Vegetables: carrots, cucumber, zucchini, peppers, humus.

Fruit: oranges, apples, figs, dried fruit.

Salad: tuna or salmon combined with veggies.

Hot options: dried soup, Oriental noodles, hot drink, toasted sandwiches

SUPPER

Go for one pot with one of the following bases, soup and dessert:

- Soup: starter course.
- Meat/jerky sytroganoff – mushroom soup, jerky (hydrate while on the trail) mushrooms and pasta
- Grains – rice (instant or boil in a bag) with flavour packages, add veggies, spices and cheese
- Pasta – macaroni & cheese, spaghetti & tomato sauce, chicken or tuna pasta.
- Chili – vegetarian couscous with veggies.
- Mexican – burritos or fajitas with dehydrated refried beans, cheese, veggies, etc.
- Pita Pizza – pizza sauce, cheese, pepperoni, veggies.
- Potato with meat/chicken: powdered, dried or shredded potatoes with peppers, onion, peas, dried sauce.

TREATS/SNACKS/DESSERTS

Very important as morale boosters and can include:

Trail mix, veggies, fruit, dried fruit, chocolate, (fondue with fruit), no-bake cheese cake (Royal brand), cookies, energy bars.

DRINKS

Coffee, teas, hot chocolate, hot apple drink, hot jello, tisane, drink crystals, powdered milk, juice concentrates, cup of soups.

Packing Food

Packaging of the food we buy can account for 20% of the weight. The quantity in each package purchased is often more than needed for the trip. A considerable amount of weight can be saved by repackaging food in lighter, reusable containers that contain the exact amount of ingredients needed for the trip.

- Use self sealing freezer (thicker and more durable) bags for powder and dried foods. Carry extra bags in case some become damaged. Bags can be shaped to fit in tight or odd spaces.
- Use tiny self sealing plastic bags for spice kit items.
- Refillable plastic squeeze tubes are great for such foods as margarine, mustard, nut butters.
- Use plastic leak proof bottles for any liquids.
- Repackage to reduce packaging garbage on the trip.

LNT PRINCIPLE #1

PLAN AHEAD AND PREPARE

Repackage food to minimize waste.

Food is a major proportion of the total weight for a trip. Access to items when needed and sharing the weight is critical. Below are a few ideas for organizing the group's food:

- Pack each meal in a separate bag.
- If weight allows, pack three meals per day in one bag or pack all breakfasts in one bag, lunches in another and dinners in a third.
- Colour coding the bags makes them easier to find.
- Each morning place the lunch food bag for that day somewhere it is easy to access.
- Each individual should carry their own snacks for the day.
- Eliminate all glass containers and reduce cans to items that will spoil, e.g. canned tuna.
- Always label with contents and include recipe instructions in the bag to eliminate guess work.
- Plan for a non heated "tent" meal in case of bad weather.
- Eat your heaviest food items first to lighten your load.
- Plan one extra light emergency meal.

Organizing food, repackaging, and packing are the longest tasks in trip preparation. Give yourself plenty of time to assemble your menu!!!

How to Use the Menu Plan Worksheet

Use this worksheet to plan your trip menu. List the items for each meal. Try to develop a balanced diet based on the nutrition discussion earlier in the book.

The columns represent each day of your trip. If your schedule includes a meal while traveling indicate so in the appropriate meal section.

Menu Plan Worksheet		
DAY	DAY	DAY
Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner
Snacks/Misc.	Snacks/Misc.	Snacks/Misc.

Include additional worksheets as necessary depending on the length of your trip.

Be sure to bring a copy with you on trip!

Sample Menu Plan Worksheet		
DAY 1	DAY 2	DAY 3
<p>Breakfast</p> <p><i>Pre trip Breakfast at home.</i></p> <p><i>Boiled eggs 2</i></p> <p><i>Whole wheat toast with almond butter 2 pieces</i></p> <p><i>Orange juice 1 glass</i></p>	<p>Breakfast</p> <p><i>Breakfast</i></p> <p><i>Orange</i></p> <p><i>Pre-made scrambled eggs frozen in water bottle</i></p> <p><i>Hunter rye bread with honey or jam</i></p> <p><i>Hot herbal tea or chocolate</i></p>	<p>Breakfast</p> <p><i>Breakfast</i></p> <p><i>Oranges</i></p> <p><i>Bannock with maple syrup</i></p> <p><i>Hot herbal tea or orange juice crystals</i></p>
<p>Lunch</p> <p><i>Packed at home</i></p> <p><i>Tuna & mayo sandwiches on whole wheat</i></p> <p><i>Carrot sticks small bag</i></p> <p><i>Apple 1</i></p> <p><i>H2O with juice crystals</i></p>	<p>Lunch</p> <p><i>Bagel with hard cheddar cheese</i></p> <p><i>Carrot & celery sticks</i></p> <p><i>Apple</i></p> <p><i>H2O with juice crystals</i></p>	<p>Lunch</p> <p><i>Lipton cup of soup</i></p> <p><i>Tortilla salmon wraps</i></p> <p><i>Trail mix</i></p>
<p>Dinner</p> <p><i>Knorr minestrone dried soup</i></p> <p><i>Pasta</i></p> <p><i>Sun-dried tomato sauce frozen</i></p> <p><i>Add zucchini & green pepper</i></p> <p><i>Top with grated cheddar cheese</i></p> <p><i>Pita bread</i></p> <p><i>Herbal tea or hot chocolate</i></p>	<p>Dinner</p> <p><i>Knorr leek soup</i></p> <p><i>Pita pizza – covered with pesto, onion, green pepper & pepperoni</i></p> <p><i>Topped with thin sliced cheddar cheese</i></p> <p><i>Hot herbal tea or chocolate</i></p>	<p>Dinner</p> <p><i>Post Activity</i></p> <p><i>On the way home-snack or what is left over</i></p>
<p>Snacks/Misc.</p> <p><i>Trail Mix –nuts & dried fruit</i></p>	<p>Snacks/Misc.</p> <p><i>Energy bars or trail mix</i></p>	<p>Snacks/Misc.</p> <p><i>Trail mix or energy bars</i></p>

How to Use the Quantity Calculation Worksheet

Use this worksheet to breakdown your menu into specific, individual items. Estimate the total quantity you will need for each item then decided where you will get it from (e.g. purchase at store, already have at home, ect.)

How much of the specific item will you need per person.

Figure out how much you will need for the entire group for the number of times you're planning to serve it.

Describe exactly what you need to make it easier when you shop.

Where you planning to get the item.

ITEM	QUANTITY	TOTAL QUANTITY	DESCRIPTION	SUPPLIER	EST. PRICE

An item is the specific menu ingredient you'll need to make your planned menu. Keep it as simple as possible. If you're planning pancakes consider choosing a ready made add water mix rather than having to pack all the ingrediaents for pancakes from scratch.

How much you think it will cost.

Sample Quantity Calculation Worksheet

ITEM	QUANTITY	TOTAL QUANTITY	DESCRIPTION	SUPPLIER	EST. PRICE
<i>Soup Pkg</i>	<i>1 pkg serves four</i>	<i>1 pkg</i>	<i>Knorr Dried Minestrone</i>	<i>Loblaws</i>	<i>\$2.00</i>
<i>Pasta</i>	<i>85g/person</i>	<i>4 x 85g = 340g</i>	<i>Macaroni - 750g bag</i>	<i>Loblaws</i>	<i>\$3.00</i>
<i>Sauce</i>	<i>175 ml/person</i>	<i>4 x 175 ml = 700g</i>	<i>Classico - 700 ml jar</i>	<i>Loblaws</i>	<i>\$4.50</i>
<i>Veggies</i>	<i>1 green pepper 1 zucchini</i>		<i>2 fresh veggies</i>	<i>Loblaws</i>	<i>\$2.00</i>
<i>Cheese</i>	<i>100g/person</i>	<i>4 x 100g = 400g</i>	<i>Cheddar block 500g</i>	<i>Loblaws</i>	<i>\$7.00</i>
<i>Pita Bread</i>	<i>1/person</i>	<i>4 pieces</i>	<i>Pita Bread (5/pkg)</i>	<i>Loblaws</i>	<i>\$2.00</i>
<i>Hot Chocolate</i>	<i>1 pkg/person/day</i>	<i>4 x 1 x 3 = 12 packages</i>	<i>One box (20pkg)</i>	<i>Loblaws</i>	<i>\$10.00</i>
<i>Herbal Tea</i>	<i>1 bag/person/day</i>	<i>4 x 1 x 3 = 12 bags</i>	<i>Assorted</i>	<i>At Home</i>	<i>\$0.00</i>
<i>Scrambled Eggs</i>	<i>2 eggs/person</i>	<i>4 x 2 = 8 eggs</i>	<i>Pre-mixed and frozen</i>	<i>Loblaws</i>	<i>\$3.80</i>
<i>Fruit</i>	<i>1/person</i>	<i>4 Oranges</i>	<i>Fresh Fruit</i>	<i>Loblaws</i>	<i>\$3.50</i>
<i>Bread</i>	<i>2 slices/person</i>	<i>4 x 2 = 8 slices</i>	<i>Hunter Rye Bread (1 pkg)</i>	<i>Loblaws</i>	<i>\$3.00</i>
<i>Bagel</i>	<i>1 1/2 per person</i>	<i>4 x 1.5 = 6 bagels</i>	<i>Poppy seed bagels</i>	<i>Real Bagel</i>	<i>\$3.00</i>
<i>Cheese</i>	<i>150g/person</i>	<i>4 x 150 = 600g</i>	<i>Cheddar Block 500g</i>	<i>Loblaws</i>	<i>\$7.00</i>
<i>Veggies</i>	<i>1 Carrot/person 1 Celery/person</i>	<i>4 Carrots 4 Celery stalks</i>	<i>Fresh veggies</i>	<i>Loblaws</i>	<i>\$5.00</i>
<i>Fruit</i>	<i>1 Apple/person</i>	<i>4 Apples</i>	<i>Fresh fruit</i>	<i>Loblaws</i>	<i>\$1.00</i>

continue on another sheet

Stoves

Camping stoves are categorized by the type of fuel and how the fuel is delivered to the burner. One system uses non-pressurized fuel that sits in an open burner similar to a fondue burner. The other system uses fuel stored in a reservoir that is sent under pressure to the burner. Both have their advantages and disadvantages.

STOVE: TYPES & FEATURES

Non-pressurized stoves

Example: Trangia

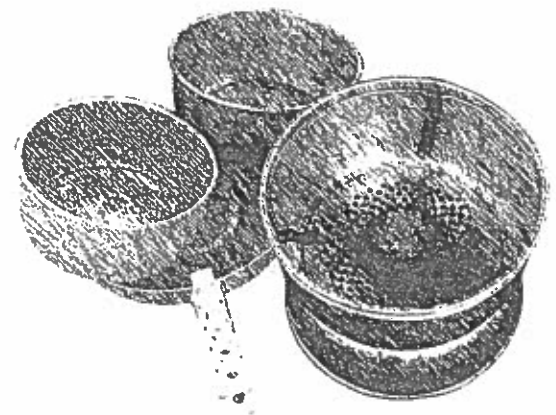
Fuel: alcohol (methyl hydrate)

Advantages:

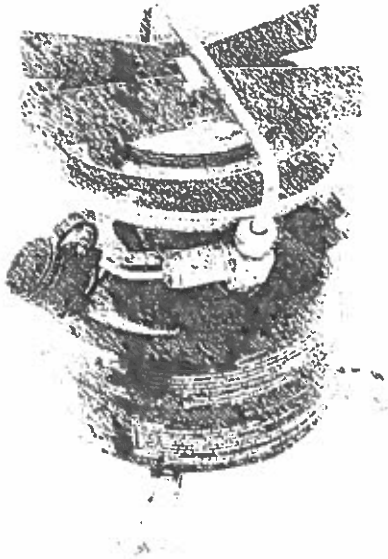
- Simple to use and durable. Nearly impossible to damage
- Stove stores in a nesting pot set with wind screen
- Easy to light
- Safe and quiet operation

Disadvantages:

- Difficult to control temperature
- Burner heat production is low, but good simmer function
- Slow for cold weather cooking



ALCOHOL STOVE
*Non-pressurized, lightweight stove
with integrated pots.*

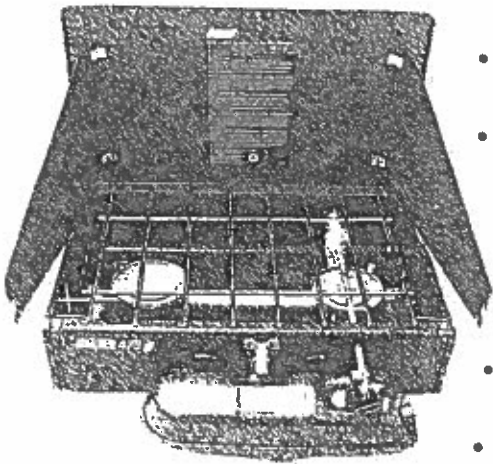


PRESSURIZED STOVE

Uses white gas. Pressure is created with integrated plunger.

STOVES

- In winter, place the stove on a solid surface, not directly on the snow.
 - Trouble with your stove pump? No oil? Use your cooking oil to lubricate the plunger.
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TWO BURNER STOVE

This pressurized two burner stove uses white gas that is carried in a built-in fuel tank.

Pre-trip check: Before packing your stove make sure all stove and pot components are included in the set and that they are in good condition. Practice setting-up and repacking the stove before the trip.

Pressurized stoves

Examples: MSR, Brunton, Coleman, Primus

Fuel: liquid –white gas, diesel, kerosene

Canister –propane

Advantages:

- Single or multiple burners available
- Compact and light weight
- Liquid fuel stoves give excellent heat production

Disadvantages:

- More difficult to maintain
- Potential to flame-up when lighting
- Some models have difficulty simmering food
- Some models are more fragile

Pre-trip check: Before packing your stove try running it to make sure it is functioning properly. Regular maintenance includes lubricating the pump and cleaning or replacing fuel jets.

Stove Safety

Refuelling:

- Use fuel specific to stove
- Use clean new fuel
- Fill the stove or fuel bottle away from any open flame
- Do not the fill stove or fuel bottle above the designated level.
- Make sure the pump is lubricated and working.
- Check pressurized stoves, fuel lines, and fuel bottles for leaks.
- Avoid spilling fuel on exposed skin. In winter conditions this could result in an immediate case of frost bite.
- Firmly tighten fuel bottle caps and place extra bottles well away from stove and food.
- Allow the stove to cool completely before refilling. Burner unit must cool enough to touch before fuel can be added. Be extra careful with alcohol stoves because the flame is colourless and difficult to see.

Stove use:

- Set stove on a sheltered and stable base well away from camp traffic.
- Clear all flammable debris away from the stove before lighting.
- Never cook inside a tent or vestibule. Stoves release carbon monoxide gas and tents are extremely flammable.
- Cover pots to prevent heat loss and reduce cooking time.
- Never cook around tents or leave a stove unattended.
- Empty your stove when storing it.