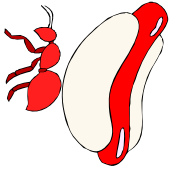


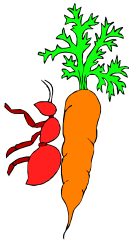
# Cooking in camp



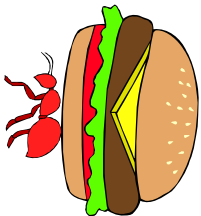
Camp cooking! At the end of a **long day on the trail**, it's a **hearty helping of stew**, a couple of biscuits, and **perhaps** pudding with fresh mountain blueberries you've just **picked**. On a snowy winter day, it's a **steaming** cup of soup or a **mug of rich cocoa** that **warms you down to your toes**.



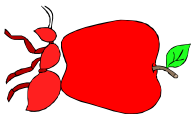
As **dawn breaks over** the mountains, camp cooking is the sound of bacon and eggs **sizzling** over a (1) \_\_\_\_\_ stove. At night under a (2) \_\_\_\_\_ fly rattling with rain; it's the **yeasty** smell of baking bread.



Food in the (3) \_\_\_\_\_ is more than just a **way to cut** your hunger. **It powers your body** through days packed with action. It helps you stay warm at night. When the sky turns stormy or when you are tired and **feeling low**, a good meal (4) \_\_\_\_\_ your energy and helps you enjoy everything about hiking and camping.

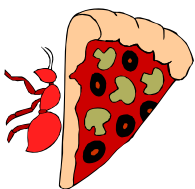


Becoming a good **backcountry cook** begins with what you do at home. Help (5) \_\_\_\_\_ family meals whenever you can. You will **get a feel for** using pots, pans, and **utensils**. Learn to cook in your own kitchen, and you will find that it is easy to cook on the trail.



The planning you do before an (6) \_\_\_\_\_ is also important. At home, you can reach into a **cup board for ingredients**, or run down to the store. But when you go camping, everything you'll need for cooking and (7) \_\_\_\_\_ must be in your pack.

Start cooking outdoors by (8) \_\_\_\_\_ tasty, simple meals. As you **gain confidence**, you can try new recipes and experiment with (9) \_\_\_\_\_ ways of cooking. You will find that camp cooking is an **outdoor adventure** full of (10) \_\_\_\_\_ and fun - and **you can always eat the results** when you are done.



- 1) Pack
- 2) Dinner
- 3) Door
- 4) Restoration
- 5) Preparation
- 6) Out

- 7) Clean
- 8) Fixed
- 9) Differentiate
- 10) Excite

