



Outdoor Cooking

Outdoor Skills Frontier

Name _____

Do all of the following requirements (1-9)

- _____ 1. Explain how the low-impact camping method (See *The Trailman's Handbook*) relates to outdoor cooking and helps fulfill the Trailman Oath to "be a good steward of creation."
- _____ 2. Demonstrate the following:
 - _____ a. Sanitation practices
 - _____ b. Washing dishes
 - _____ c. Personal hygiene
 - _____ d. Food Storage
 - _____ e. Protecting your food from animals
- _____ 3. Explain the advantages, disadvantages, and safety issues involved in using propane/butane camp stoves, liquid fuel stoves, lightweight stoves, wood fires, and charcoal.
- _____ 4. Set-up, light, and use a lightweight camp stove.
- _____ 5. Cook a one-pot meal over the fire or camp stove.
- _____ 6. Cook a foil meal on charcoal.
- _____ 7. Plan or help plan a balanced nutritious menu for a weekend camping trip.
- _____ 8. Purchase the food items needed for a weekend camping trip within the budget set by your leader.
- _____ 9. With a buddy or by yourself, prepare, cook, and clean up the planned meals using any of the following means: Campfire, propane stove, liquid fuel stove, charcoal, Dutch oven, sandwich irons, box oven, or solar cooker/oven.

Trail Badge Mentor Signature

Date

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