

THE AMERICAN HIKING SOCIETY

317 Pennsylvania Avenue, S. E., Washington, D. C. 20003



TRAIL FOODS

Cooking on the trail is considerably different than cooking at home. All of your food must be easily carried, with a minimum of bulk and weight, yet give you a maximum of energy and a balanced diet. Food, like equipment, should be as versatile as possible. A bag of rice, for instance, will form the base for scores of recipes, is filling and provides most of the carbohydrates your body needs. Combined with powdered soups, a few spices and perhaps some dried beef or vegetables, rice will make nearly a dozen different dinners. And that is only the beginning.

Buying freeze-dried food at a backpacking equipment shop is, of course, one way to solve your food needs. And HikaNation participants can take advantage of discounts on freeze-dried foods, as well as a free drop shipment service, offered by one of the suppliers. (Information on this can be obtained by calling the HikaNation Hotline. After the recording, leave your name and address and a message requesting information on the various discounts for which registered HikaNation participants qualify.)

Supermarkets and gourmet food shops are another good source of trail food. A simple breakfast can be concocted right out of the package, with hot water to prepare it and no dirty dishes, by using the new strawberry flavored yogurt Crunchola Bars and a powdered confection from General Foods called Irish Mocha Mint. One bar and one cup of mocha is probably all you will need to get going. Postum makes another good drink, hot or cold, and can even be used as a flavoring in other foods. Adding a little malt or a little Coffeemate to Postum gives you two other drink possibilities. And Coffeemate will double as powdered milk for a morning bowl of granola.

Couscous makes another good base for dinners, as does Top Ramen. In fact, by combing the shelves of your local grocery store you can come up with any number of possible trail recipes, as well as such delights as smoked oysters, Valencia paella, cheese fondue and instant apple and cinnamon-flavored oatmeal.

The easiest meals to prepare are those which use only one pot and require that you simply boil water and add the ingredients. They also cut down on the amount of cooking equipment that you have to carry. You can also marinate foods in advance so they are ready to eat, and avoid cooking entirely.

A few recipes, taken from the pages of Backpacker Footnotes, appear on the following pages. These, of course, are only a few possibilities. But they can help you get started. And with a little imagination, and some experimentation at home, who know what you might dream up?

YOUR BACKPACKING MENUS ARE LIMITED ONLY BY YOUR IMAGINATION. The following items are all available at the local grocer and you'll find many more of your own choice.

DRINKS

Fruit drinks (powdered)
Tea
Coffee
Cocoa
Powdered milk
Jello
Instant breakfasts
Malted milk powder
Postum Instant Grain Cereal

CEREALS

Beverage

Cold cereals
Oatmeal
Cream of Wheat
Granola (Natural)
Shredded wheat
Granola bars
Sugared cereals

BREADS

Party rye bread
Rolls
Homemade breads
Crackers
Crumb cakes
Canned nut/date breads
Melba toasts, etc.
Stove Top dressing mixes

SOUPS

Individual cup-of-soup
Packages for 3-4 persons

POTATOES & SUBSTITUTES

Instant mashed potatoes
Instant hash browns
Noodles
Macaroni
Rice
Spaghetti
Lentils or beans
Potato sticks

MEATS

Dried beef
Canned meats
Meat spreads
Tuna
Summer sausage
Beef jerky
Meat sticks

FRUITS

Dried apples, etc.
Prunes
Raisins
Dates
Banana chips
Fresh orange or apple

CHEESES

Cracker Barrel cheese
Squeeze-a-Snak
Natural cheeses
Cheeze spreads

SNACKS

Nuts
Candy
Cold sweetened cereals
Cookies
Fruits
Gorp (nuts, M&Ms, fruit, cereal)
Peanut butter crackers
Frito corn chips

DESSERTS

Instant puddings
Apple-Easy
Cookies
Snak-pak puddings and fruits
Junket custard
Canned cakes (Hickory Farms)
Rice pudding

FOR FLAVORING AND ADDED TASTE

Salt and pepper
Butter or margarine
Onion flakes
Sweet pepper flakes
Parsley flakes
Vegetable flakes
Celery flakes
Jelly
Peanut butter
Honey
Cinnamon
Brown sugar or white sugar

PRE-MEASURING AND PRE-PACKAGING SHOULD TAKE PLACE AT HOME BEFORE YOU PACK. Be sure to note any directions for cooking and package them WITH the food. Various backpackers choose different ways for packaging their menus: some place all meals for one day together in a plastic bag; some put all breakfasts, dinners, etc. together; others make their selection at each meal and plan only the number of meals without specifying days.

CAMP CLEAN-UP AND HOUSEKEEPING IS VITAL FOR HEALTH!

- Wash dishes every night with hot water and soap to prevent food poisoning.
- Rinse dishes thoroughly with hot water as soap can cause diarrhea.
- Carry all foil and trash back out with you. DO NOT BURY IT!
- All washing and rinsing should be done at least 100' from your water source.
- Restore tent site to original natural state.

(from Guidelines for Backpackers by Deck Hunter, Bellbrook, Ohio)

Backtalk

"Don't Keep the Wilderness a Secret"

In the March 1978 FOOTNOTES, Robert Leonard, after expressing his contempt for others who sully the wilderness with beer cans, urges that we "pass on our knowledge" of the "dwindling natural sanctuaries" only to those who "we know to be equally appreciative and conscientious." I recognized myself in my youngest years as a "boy scout groupie" and jeeper/snowmobiler, then later a "peak bagger," and mountain guide. Then I became a more refined backpacker, and then a more solitary aesthete through ski-touring/backpacking. And yet I wonder, had I been discouraged in my youthful enthusiasms, would I have progressed to my current level of joyous sensitivity, or retired to day-dreams of gutsy slamming around wilderness trails as I burped another beer in front of the TV?

Can wilderness have a therapeutic effect: discovering strengths where there is insecurity; building trust where there is first fear and suspicion; generating awareness through sensitivity and discovery where a macho callousness was prized; enriching intimacy where perfunctory role relationships and loyalties were the former ideals? If so, should the Wilderness belong to the Needed or to the Realized?

—Robert Michener
Chicago, Ill.

I have not camped all that much but I still feel turned off to Robert D. Leonard, Jr.'s views. As a matter of fact, I haven't even backpacked yet but I'm looking forward to it. That is, unless all backpackers share his prejudice against "solitude seekers." Are only those who "truly enjoy hiking" entitled to experience the wilderness?

—Frank Shiavo
Winter Park, Fla.

Mr. Leonard's bit about keeping your wilderness a secret, really shook me up. It seems too easy to adopt the attitude of "snobs" of the out of doors and then sneer at those who don't quite march to the same drumbeat we do, divide them into categories that are anything but complimentary and reflect that they have no right to use what we would rather keep just for ourselves and those few who we think are "equally appreciative and conscientious." And as for his description of the "Boy Scout Type Groupies": I have been a Scoutmaster and an Explorer Scout leader and I have found that all boys need some type of guidance in learning about the wonders of nature. No one is born with the ability to appreciate wilderness—it must be acquired. I feel that all of us should share our feelings about the outdoors with those less appreciative of it than we are and thus introduce them to those places that are so special to us.

—E. Wheeler Oliphant
Salt Lake City, Utah

Trailfood

Chocolate Oatmeal Breakfast

- 1 envelope instant hot chocolate mix
- 1 envelope instant oatmeal, and flavor

1 cup of hot water

Mix together for a quick breakfast and enjoy.

—Karen L. Northeimer
Stevens, Pa.

Add Some Zip to your Chocolate

Take along an eye dropper bottle with mint or almond extract, adding a few drops to hot chocolate to taste. This adds a little variety to your daily hot chocolate "fix," especially if you drink several cups in a day. It is good added to hot carob, too.

—Christine Ayars
Pasadena, Calif.

Jerky Soup

- 3 cubes beef bouillon
- 1 cup shell macaroni

- 5 sticks beef jerky
- 3 cups boiling water

Bring water to boil and dissolve in it the beef bouillon. Add macaroni and jerky, broken into one-inch pieces. Let simmer five minutes, stirring occasionally, until macaroni is done. Add one or two tbsp. parsley, basil, oregano, or other herbs for seasoning.

David Sorric
Santa Paula, Calif.

Goop

This has an endless number of variations but the basic mix goes something like this:

- 1 cup peanut butter
- 1/2 cup honey
- 1/4 cup butter or margarine

- 1/4 tsp. ground cloves or allspice
- 1/4 tsp. cinnamon

Mix this together and pack it into plastic tubes. Squirt it onto bread for sandwiches or eat it right from the tube. For variety, add raisins, coconut, spices.

—Marvin Price
Los Alamos, NM

Shrimp Chop Suey

Here is a recipe that really hits the spot after a long day out.

- 2-4 oz. cans of shrimp drained
- 1-4 oz. can of mushrooms drained
- 2 small carrots whittled into strips
- 3 garlic cloves sliced

- oil to fry in
- soy sauce
- Rice for 8-9 people (cooked)

Heat oil in fry pan with garlic, add the shrimp, mushrooms, carrots, cook until vegetables are tender, but still crunch. Stir as you cook.

—Jo Ann Rakus
Rock Island, IL

Greg's Everlasting Bread

Here is a recipe which is ideal for extended backpacking and canoe trips because it will stay fresh and moist for an unusually long period of time:

Cream together well:

- 1 cup brown sugar
- 1 cup granulated sugar
- 1 cup vegetable shortening

In another large bowl blend:

- 1 generous cup raisins
- 1 cup chopped nuts
- 1 cup diced dates

In another small bowl mix:

- 2 cups water
- 2 tbsp. vinegar

Mix well into fruit mixture:

- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. ground cloves
- 1/2 tsp. ground allspice
- 1/2 cup whole dry milk
- 3 tsp. soda
- 4 1/4 cups whole wheat flour

Add the dry ingredients and the liquid alternately to the sugar/shortening mixture until well blended. Divide into two well-greased 9" x 5" loaf pans and bake about an hour at 325 degrees or until top springs back when pressed. The time will vary slightly depending on fruits used. Cool on rack and cut into trail portions.

—Greg Koebel
Upper Montclair, N.J.

Avalanche Seminars

The Far West Professional Ski Patrol Association will offer an avalanche training seminar in Reno, Nevada, October 23 through 27. The seminar is open to all. For more information contact Dee Dulac, P.O. Box 13217, South Lake Tahoe, Calif. 95702, telephone (916)544-6770.

Great Outdoors Guide

Here's a guidebook that has it all. The *Bantam Great Outdoors Guide to the United States and Canada* is an 846-page source book containing regional information on outdoor recreation areas throughout North America. The book has maps and all kinds of specific travel information, including weather trends, guide services, fishing, hunting, and backpacking possibilities; plus thousands of addresses of places to write for more information.

New Swiss Youth Hostel Guide

A guide to Switzerland's Youth Hostels is available free by writing to the Swiss National Tourist Office, The Swiss Center, 608 Fifth Avenue, New York, NY 10020, or 250 Stockton Street, San Francisco, CA 94108.



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Trailfood

Refried Beans

- 2 cups pre-cooked dried beans
- 1 bacon bar (optional)
- 4 oz. cheese (optional)

Soak beans 30 minutes in enough salted water to cover. Place pot on stove and bring to a boil, then simmer until tender and water is reduced. Turn the beans into a frying pan with hot fat and stir and mash with a fork. If too dry, add a bit more water. For additional flavor, add a crumbled bacon bar or grated cheese and mix well.

Mark Adams - Grove City, Ohio

Mushroom Soy Stew

- 1/2 cup dried vegetable mix
- 1/2 cup dry textured soy protein, any flavor
- 2 packages instant cream of mushroom soup mix

Soak dried vegetables in one cup of water until the liquid is absorbed, about 30 minutes. Add vegetables to 4 cups boiling water and cook for about 5 minutes. Take pot off stove, mix in textured vegetable protein and mushroom soup mix, and let stand 5 minutes. Add butter, salt, and pepper if desired. Serves two.

Kathy Linet
Northridge, Calif.

Whole Wheat Tortillas

- 2 cups whole wheat flour
- 1/2 tsp. sea salt
- 1 tbsp. corn oil

Mix flour and salt, then mix in oil. Add water until a soft dough is formed. Add more flour if dough is too sticky. Knead five minutes until well mixed. Form into 1 1/2-inch balls and roll on floured board until as thin as possible (1/8-inch). Fry in lightly oiled skillet until tortilla bubbles, turn, and brown other side. Let finished stack cool and store in plastic bag. Quantity depends on size and thickness.

Dave Ross
Ft. Worth, Tex.

Rice Pudding

- 1/3 cup raisins
- 1/2 cup minute rice
- 1 3-3/4 oz. package vanilla pudding (regular, not instant)
- 1 cup instant nonfat dry milk
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 2-1/2 cups water

In a small plastic bag, combine raisins and rice, and seal bag. In another plastic bag, combine pudding mix, milk, cinnamon, and nutmeg, and seal. *To cook pudding:* Combine water and raisin-rice mixture, bring to a boil in covered pot, and cook 5 to 10 minutes until rice is soft. Stir in milk and pudding mixture, stirring vigorously. Cook until mixture begins to boil and all lumps are dissolved. Makes 6 servings.

Judy O'Donnell
Lakewood, Colo.

Real Coffee

Real coffee is no harder to make on the trail than to make instant coffee. I don't care for instant coffee at home, so why should I drink it when I'm backpacking? Here's a recipe for guaranteed results. Put one tablespoon of coffee grounds per cup into a pot of cold water. Bring pot to boil. Boil for one minute. Remove pot from stove. (Here's the ritualistic part.) Flick a few drops of cold water into the top of the brew. Cover, let sit for three minutes to settle out the coffee grounds. Carefully pour coffee into cups without stirring up the grounds from the bottom of the pot. Now if that isn't a great cup of coffee! Real coffee takes up no more room and weighs very little more than instant coffee.

Seymour C. Treadwell
Bara, Vermont

Trailtips

Easy-Action Lacelocks

Tired of laces cutting into cold fingers while tying and untying your boots? Or of having a knot come untied on the trail? If you are, just do away with knots! Secure each set of laces with a pair of spring-loaded, plastic fixlocks. They enable you to loosen and tighten the laces in half the time, even when wearing heavy mittens.

Guy J. Zepp
Silver Spring, Md.



"Throwaway" Plate

Take a Frisbee along on your next hike. It makes a fair dinner plate and a better conversation piece. After dinner, throw it at someone.

Ed Jensen
Cornelius, Oreg.

Prescription Mountain Glasses

You can actually buy a relatively inexpensive pair of prescription mountain glasses from your optometrist. First obtain a frame you like. You can buy empty mountain frames from Recreational Equipment, Incorporated, or just remove the lenses from an inexpensive pair of nonprescription mountain glasses. Then have your optometrist fit the frames with Meyer Green D lenses ground to your prescription. These green-tinted glass lenses filter out about 95% of ultraviolet and infrared and 82% of visible light. If the optical lab that supplies your optometrist does not carry Meyer Green D lenses, pay it a visit and find out if it stocks a comparable glass. Most labs will be glad to help when you explain your problem. And don't forget to mention the name of your optometrist.

Steve Schaffer
Cincinnati, Ohio

Ski Treads

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Montana 59804 (406) 363-4262.

Trailfood

Ham 'N Rice Supreme

- | | |
|--|---|
| 1 package Knorr pea soup mix | 2 oz. hard cheese, grated at home |
| 1 1/2 cups brown rice | 1 tbsp butter or margarine |
| 8 dried Chinese mushrooms | 1/2 tsp each thyme, garlic flakes, black pepper |
| 1/2 cup dried kale (dried Chinese cabbage, or dried spinach and celery flakes) | 5 cups water |
| 3 oz. freeze-dried ham, or ham-flavored TVP | |

At home: Cut mushrooms in pieces and mix all dried food except cheese in a plastic bag. *In camp:* Pour dried mixture in a pot with water and margarine, bring to a boil, stirring continuously. Cover, lower flame, and simmer for about 15 minutes until rice is done. Sprinkle cheese over each serving. Serves 4.

Richard Stolberg
Fairbanks, Alaska

Mexaroni

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|------------------------------------|-------------------------------------|
| 2 1/4 cups Sesame Elbow macaroni | 1/4 cup dehydrated mixed vegetables |
| 1 package French's Enchilada Sauce | Salt and cayenne to taste |
| 1/2 cup grated parmesan cheese | 5 cups water |
| 1/4 cup powdered milk | |

At home: Mix all ingredients except cheese in a plastic bag. *In camp:* Pour all of mixture into a pot with 5 cups of water, stir until well mixed, and bring to a boil. Lower fire, cover, and simmer until macaroni is done. Mix in cheese just before serving, or add to each serving, as a topping. More cheese is better!

Debbie Nicholson
Idaho Springs, Colo.

Carrot Bran Muffins

- | | |
|------------------------------|-------------------------------------|
| 1 1/2 cups whole wheat flour | 1/4 cup blackstrap molasses |
| 1 tsp salt | 1/3 cup honey |
| 1 1/2 tsp baking soda | 1 cup grated carrots |
| 1 1/2 cups bran | 2 eggs |
| 1 tbsp cinnamon | 1/4 cup oil |
| 1 1/2 cups milk | 1/2 cup raisins and/or chopped nuts |
| 2 tsp vinegar | |

Mix dry ingredients in one bowl. Mix wet ingredients, including carrots, raisins, nuts, in another bowl. Combine the contents of bowls and mix until dry ingredients are moist. Do not beat longer. Fill buttered muffin tins 2/3 full. Bake at 375 degrees F. for 20 minutes. Makes about 24 muffins.

Thane Riordan
Eugene, Ore.

Granola Bread

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|---------------------------------------|---------------------|
| 1 stick (1/2 cup) margarine, softened | 1 tsp baking powder |
| 1/4 cup molasses | 1 tsp soda |
| 1/2 cup honey | 1/4 tsp salt |
| 1 egg | 1 cup plain yogurt |
| 1 cup whole wheat flour | 1 cup granola |
| 1/4 cup bran | 1/4 cup raisins |

Grease generously a loaf pan. In a large bowl beat together margarine, molasses, honey and egg. In a separate bowl, mix together flour, bran, baking powder, soda, and salt. Add to margarine mixture alternately with yogurt, blending well. Mix in granola and raisins and pour batter into loaf pan. Bake for 1 hour at 350 degrees or until done. For the trail, slice into single servings and wrap in plastic.

Candie Leunig
Frostburg, Md.

Use Less Water

Many home-concocted trail dinners are based on commercial macaroni or noodle dishes, plus whatever you want to add. The directions for those entrees invariably call for large amounts of salted water, which you are then instructed to drain. Backpacking pots are small, however, water may be scarce, and valuable nutrients that you have been lugging around are just poured into a hole. Why not use just enough water to allow the pasta to fully rehydrate, and cut down on the salt, since none will be lost through disposal? A lid of foil cuts cooking time, saves fuel, and prevents evaporation. When done *al dente* (slightly resistant to the bite), add the rest of the ingredients and stir. This method also allows you to add spices and bouillon while the noodles are cooking.

Patsy Stroble Larchmont, N.Y.

Backtalk

A Vote for the Michigan Trail

I disagree with negative view of the Michigan Trail, as expressed in the September 1978 FOOTNOTES.

I did not enjoy the motorcyclists in Georgia, walking 12 blacktop miles in northern Virginia, or dodging cars and trucks all day while crossing the Cumberland Valley in Pennsylvania, but I do not advise leaving the Appalachian Trail unhiked.

By the same token, the Michigan Trail offers (in addition to trailbikers, mosquitoes, and paved roads) the heights of the Boardman River, Goose Creek Trail Camp on the beautiful Manistee River, and matchless miles along the Au Sable River.

My hike from Lake Michigan to Lake Huron contained many high points more rewarding than a cold beer. I hope your readers will have a different and more positive view of the Michigan Trail.

—John S. Crandell
Birmingham, MI

Don't Crack Those Eggs

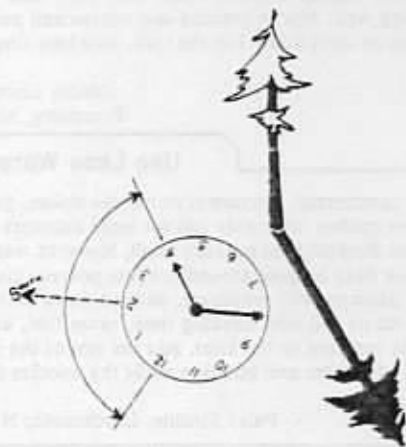
The Wellers' suggestion of carrying fresh eggs in squeeze tubes (September 1978 FOOTNOTES) is a poor one. Raw egg white has several antimicrobial properties, but raw egg yolk is another matter. It is an excellent growth medium for many microorganisms, and possible contamination could result in spoilage or, even worse, food poisoning. By all means, pack fresh eggs—but leave them uncracked until use.

—Peter G. Hartel
Corvallis, OR

Your Watch Can Double as a Compass

Laurence Rosenblum's instructions for using the sun as a compass (May 1978 FOOTNOTES) reminded me of another method that is quicker, easier, and probably just as reliable. All you need is a watch with hands (rather than digital readouts). First, point the hour hand (set at standard, not daylight time) at the sun by holding it parallel to the shadow of any vertical object. In this position, an imaginary line bisecting the angle formed by the hour hand and 12:00 points south.

—Roger L. Andersen
Council Bluffs, Iowa



Trailfood

Four-Grain Granola

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|--|---|
| 3 tbsp. margarine | 1 cup nuts and seeds (almonds, sunflower seeds) |
| ½ cup brown sugar or honey | ½ cup raisins |
| 2 cups rolled oats | ¼ cup chopped dates or other dried fruit |
| 1 cup four-grain cereal (rye, oats, barley, wheat) | |

Melt margarine in a pan; add sugar or honey and stir until melted. Add oats and cereal and fry until golden brown, stirring constantly. Mix in nuts, seeds, raisins, and fruit. Cool, pack in plastic bags, and refrigerate until needed. Makes 8 cups or about 2¼ pounds.

—Jim Jordan
Santa Barbara, CA

Hot Minted Chocolate

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|---------------------------------|-----------------------|
| 1 part unsweetened cocoa powder | 2 parts powdered milk |
| 1 part instant mint tea powder | 3 parts brown sugar |

Mix ingredients well and store in plastic bags until needed. In camp: Add 2 heaping tablespoons of mixture to a cup of hot water and stir until dissolved. When packing for the trail, allow 1 ounce dry mixture per person per serving.

—Stephen Thomas
Buffalo, NY

Grits and Eggs

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|----------------------------|---------------------|
| 6 tbsp. quick hominy grits | 1 or 2 tbsp. butter |
| 4 tbsp. dried egg powder | ½ tsp. salt |
| 1¼ cups boiling water | |

Mix grits and egg powder, and add to boiling, buttered, salted water while stirring. Reduce heat, simmer three to five minutes, stirring occasionally. Add salt and pepper to taste.

—Karla J. Vocke
Woodridge, IL

Hiker Cereal

- | | |
|----------------------|------------------------|
| 3 cups oatmeal | 1 cup slivered almonds |
| 1 cup wheat germ | ¼ cup brown sugar |
| 1 cup chopped pecans | |

Mix ingredients well and spread on cookie tins. Toast in a 250° oven for about one hour. Cool, and store in plastic bags until needed. Makes about 6 cups or approximately 28 ounces. Chopped dried fruit may be added to taste.

—Amy P. Morehead
Falls City, NE

Hearty Potato Soup

- | | |
|------------------------------------|----------------------------------|
| 1 envelope dry leek soup | ½ cup powdered milk |
| 4½ cups water | salt, pepper, and herbs to taste |
| 1 envelope dry hash-brown potatoes | |

Slowly add the dry soup mix to 2½ cups water, stirring constantly until the mixture comes to a boil. Add the envelope of dry hash-browns and 2 cups water. Simmer about ten minutes or until potatoes are tender. Add dry milk, salt and pepper, and herbs. If you prefer thinner soup, add more water. If your stove will not simmer, remove the pot, wrap it in a towel, and let sit for ten minutes. Then reheat.

—Earla Sue McNaull
Stamford, CT

Nutty Wheat Balls

- | | |
|------------------------------|-----------------------|
| 2 cups crunchy peanut butter | ¼ cup walnuts |
| 1 cup honey | ¼ cup raisins |
| 2 cups cream of wheat | ¼ cup chocolate chips |

Melt peanut butter and honey in saucepan. Add cream of wheat, nuts, raisins, and chips. Spoon onto waxed paper and allow to cool until hard.

—Susan Bancroft
Berry Creek, CA

The Backpacker's Budget Food Book by Fred Powledge

No-nonsense guide to improving your backpacking diet by the use of inexpensive, easy-to-prepare supermarket foods. Recipes are easy to follow, easy to make, delicious to eat. Includes guide to stoves, cooking utensils, preparation. 124 pp.

Item #555101 — \$3.95



The Well-Fed Backpacker by June Fleming



A delightful book that signals the end of pre-packaged boredom. How, with a little imagination, to turn ordinary supermarket foods into great trail meals. Menu-planning, packaging, cooking, beverages, wild food, it's all here! 96 pp. Nicely illustrated.

Item #915101 — \$4.50

Simple Foods for the Pack by Vikki Kinmont and Claudia Axcell

Baked eggplant parmesan, tomato noodle soup, corn pancakes, brown rice and shrimp, apricot date fudge — this book could easily transform your mountain eating. All of these recipes are especially designed for backpackers and many of them can be prepackaged at home. One-pots, fish, teas, granola, breads, soups, etc. 212 pp., drawings.

Item #755119 — \$4.95



The Healthy Trail Food Book by Dorcas Miller



An excellent and concise guide to trail nutrition and cooking. 60 pp., illustrated, with index.

Item #565101 — \$4.95

The One Burner Gourmet by Harriett Barker

A backpacking home economist has authored this guide to a one-burner cookery including a buying guide to one-burner stoves & many recipes — zipped up with trailside foods & flavors. Illus.

Item #405107 — \$5.95



NOLS Cookery: Planning and Preparation of Food for Backpacking edited by Nancy Pallister



An excellent National Outdoor Leadership School guide. 54 pp., charts, lists & index.

Item #348101 — \$1.95

Food for Knapsackers by Hasse Bunnelle

Sierra Club Totebook. Tells how to purchase food, package, prepare and eat it. 144 pp., illus.

Item #755149 — \$3.95



Dry it You'll Like it by Gen MacManihan

A wonderful book, overflowing with enthusiasm about drying food. Turn apples, pineapples, peaches, pears, cherries, even bananas into delicious leather that can be stored for years. Dry vegetables, meat, fish, grains, mushrooms, herbs, without nutrition loss. Includes detailed instructions on how to build your own dehydrator. 76 pp., drawings.

Item #525101 — \$3.95



Food for Fitness

Studies the whole relationship of food and physical performance. Eye-opening indeed. 143 pp.

Item #980104 — \$2.95

Supermarket Backpacker by Harriet Barker

Turns your local A&P into a hike food supplier! Buy off the shelves, repackage at home, and you're ready for delicious food at the campsite. Recipes for mouth-watering granolas, gorp, fruit leather, dried meats, one pot meals, and more. Get twice the flavor at half the cost. 194 pp., drawings.

Item #405110 — \$5.95



Cooking for Camp and Trail by Hasse Brunelle and Shirley Sarvis

200 yummy recipes: Irish stew, venison, enchiladas, omelettes, peach cobbler, beans and ham — all concocted by backpackers for backpackers. Why look forward to 4 days of hot dogs when you can serve fried chicken and gravy, glazed carrots, flat bread, and apple pie? 194 pp.

Item #755142 — \$3.95



Pack to Nature by Frank Ford

Recipes emphasize natural foods: grains, nuts, seeds, and fruit. The kind of food you could be eating: banana bread, tortillas, chile, pumpernickel bread, stuffed peppers, etc. Written by an expert: a working farmer and founder of Arrowhead Mills, the natural food company. 157 pp.

Item #165101 — \$1.75



Sprouts to Grow and Eat by Esther Munroe



Learn how to grow and prepare sprouts — one of the most nutritious foods you can find. Yes, you can even grow sprouts in your pack! 118 pp., many recipes.

Item #420106 — \$4.50

Backpack Cookery by Ruth Dyer Mendenhall

The author takes us through the "4 P's" of backpack good planning, purchasing, packing & preparation. 48 pp., 3 photos, line drawings.

Item #495103 — \$1.50



The Backpacker

by Albert Saijo

Here is the entirely revised edition of the backpacking classic. Completely updated and substantially enlarged, it covers the basics of equipment and technique. But far more valuable are Saijo's ideas of attitude towards the wilderness and the experience it offers. A wonderful book, and highly recommended. 192 pp., many illustrations. Item #755101 — \$2.95



Backpacking Equipment Buyer's Guide

by Wm. Kemsley and the editors of Backpacker Magazine

The latest word on backpacking equipment, completely updated and expanded to twice the number of pages of the original edition. Contains the results of 3 years of field-testing packs, tents, boots, stoves, cross-country skis, snowshoes, clothing. Packed with articles on equipment design, construction, and use: How Safe is Your Stove, Breaking in Your Boots, etc. If you're a backpacker who wants to get the most for your money — and the most out of your equipment, this is a book you really can't afford to be without. 286 pp., large format, full of charts, photos, illus.



Item #530119 — \$8.95



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