



**TRAIL
LIFE
USA®**

Outdoor Cooking

Name _____

Do all of the following requirements

- ____ 1. Explain how being a good steward and observing the low impact camping method applies to outdoor cooking.
- ____ 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 for 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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