



# The Trailside Cookbook: A Handbook for Hungry Campers and Hikers

*Don Philpott, Pam Philpott*

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*The complete backpacker's food and cooking guide.*

**The Trailside Cookbook** is a practical guide to eating well on trips to the great outdoors. This book covers everything from planning to cooking to finding food in the wilderness.

The book explains how food choices are affected by weather as well as by the length and type of the expedition, the number of participants and facilities of the base camp.

Setting up a minimum-impact kitchen is explained along with storage, fire building and dousing. Cooking methods are detailed as well as essential cooking equipment. The book also covers packing light with basics and staples, instant foods, what to avoid taking, and sample item lists for a day, a weekend, and a four-day trip.

For the adventurous, **The Trailside Cookbook** shows how to catch fish without a rod, scale and clean the catch, make birchbark containers, and purify natural water.

The main part of this book is the collection of delicious recipes, including:

- Ultimate trail mixes
- Morale boosters
- Emergency comfort food
- Breakfasts
- Soups, snacks and lunches
- One-pot suppers and side dishes
- Main courses and desserts for gatherings of four to ten people
- Bread and biscuits
- Drinks, warming brews, cool refreshers and nightcaps.

The book also recommends what to do if a bear eats your food and how to cook in a rainstorm, dust storm or blizzard.

**The Trailside Cookbook** is an essential reference for all outdoor enthusiasts.



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