

Cooking in the Snow

Food: Easy of cooking and cleanup
High in Carbohydrates and protein

For cold weather – fats are good
Lack of food – cold body

Prepackage all food in Ziploc bas (one-meal/bag)
Easier to prepare the better as it is faster to cook with pre-packaged meals
Dry food packages are great supplements with regular grocery items

One-pot meals (less cleanup)

Dinner – Soup and hot drink. Uses lots of water. Drink 1-quart/meal – mandatory

1. Stay away from spicy food in winter or cold weather. Spicy items are excellent for summer activities. The body uses a lot of energy to digest spices.
2. Sterilize dishes: It is very important to sterilize everything., Bacteria grows best in cold weather. Inspect all dishes, pots, etc. Boil everything. Rinse well. Use leery little dish soap. Residual soap in cookware will make one very sick in cold weather.

Water

1. Keep your water container in the tent or well protected at all time, such as inside the sleeping bag. One must be able to drink water that is liquid, not frozen in a Camelback or water bottle. Never let your drinking water freeze.
2. Drink a minimum of 6-8 quarts/day. In the high country, ½ day without water will cause serious illness.
3. Before leaving for the snow, drink “lot” of water, more than you normal drink. Make sure your urine is clear (no hint of yellow). This means the body is well hydrated.
4. To melt snow, one must start off with water in the bottom of the pan. A small amount of water will do. This liquid water will first come to a boil. Once hot, the snow will then melt. Do “not” use top snow. Pollens, dirt, etc., is present with top snow. Dig down a few inches for fresh snow to melt. After boiling the water should be safe to drink. Filtering is still recommended if the snow appears to be dirty.
5. Melt enough snow for both breakfast and dinner (saves on fuel consumption). Frozen water in containers will not melt under any condition!
6. To sterilize or boil water, at 7500 feet = 20 minutes, 10,000 feet = 30 minutes.