



Campers Monthly

August 2013

The Newsletter for the camper in all of us!

Backcountry Cooking



The two biggest cooking limitations while backpacking are weight and lack of a refrigerator. Obviously, you're going to have to carry all of your food on your back, so you want to be conscious of how much it weighs. You should consider the calorie-to-weight ratio of the food you bring along. Nuts, for instance, pack a lot of healthy calories in a small package. On the flip side, though, are things like rice cakes. They may be lightweight, but rice cakes provide few calories for the amount of room they take up in your pack. Unless you are winter camping, you don't want to bring very many perishable items with you on a backpacking trip -- at least if it's longer than three days. Try dried fruits and veggies instead; they won't go bad after several days in the sun, plus they're lighter. When you do bring fresh veggies and cheese, it's best to plan on eating them earlier in the trip while they are still good. Don't let fear of spoiled food send you to the dehydrated meals section of your favorite outdoor store, though. There are hundreds of great backpacking meals¹ that you can make that aren't too heavy or likely to spoil before you're ready to eat them. When shopping, look for staples like beans, lentils, cheese, pasta, and oatmeal. Sure, lentil soup can be good on the trail, but you can also make pasta with pesto sauce, burritos with fixings, and even pizza.



Cliff™ Powers Your Life

Night Star Flashlight Never Needs a Battery!



- High impact design
- Bright LED technology
- Lifetime warranty
- Recharge in 1 minute

Making The Perfect Campfire



This is my favorite and I believe the most useful and easiest to light. The key is to stick a few sticks into the ground to supply support for the rest of the kindling. Place your tinder bundle on the ground or on a small piece of bark. Stick three or four kindling twigs in the ground to form a teepee above the tinder. Lean small kindling twigs against the downwind side of the tinder. Leave an



opening on the upwind side all the way to the center tinder where you can light the fire. Continue to lean twigs around the teepee structure. Work your way up to pencil-sized sticks, leaving plenty of air space between sticks. Poke three or four pencil-sized sticks into the ground forming a larger teepee structure. Lean some smaller fuel wood pieces against this support structure. Have additional small fuel wood and kindling ready in case it is needed. This style produces a fast flame and quickly falls into itself in a pile of coals. The heat is directed up to a single point and is useful for boiling water in a single pot above the teepee. Once the

¹ Visit <http://www.dirtygourmet.com> for great meal ideas.

teepee collapses, fuel wood can be laid around it like a log cabin or just criss-cross on top of the flames.

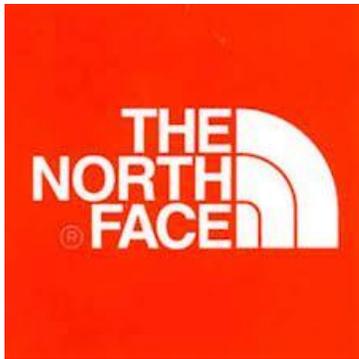
Best Hiking Trails in the US

1. Raven Cliff Falls, Georgia
2. Tallulah Gorge State Park, Georgia
3. Kennesaw Mountain National Park, Georgia
4. Pisgah National Forest, North Carolina
5. Daniel Boone Scout Trail, North Carolina

Shopping for a 3 Season Tent



These are the most-common tents available. Nearly every backpacker has a three-season tent, and they're the go-to choice for most trips. Three-season refers to Spring, Summer, and Fall—the ideal times to use one of these tents. If you plan on traveling far from the car and there's no snow on the ground, you probably want a tent from this category. While a two-person tent may be the most versatile choice, going larger has advantages.



One four-person tent weighs less than two two-person tents, so it can actually save your group some weight. Another reason to get a larger tent is for the extra space. While

splitting a three-person tent between two people may not be that great for long-distance hikes, the extra interior room makes for a much more comfortable day if you end-up storm bound. It also gives you extra elbow room at night. The answer comes down to weight vs. convenience. A second door (and the vestibule that goes with it) makes tent time more comfortable, but it adds weight. If you're the type of person who cuts tags off a jacket to save a half ounce, then get one door. If you like to kick back and relax in camp, then get two. Even the most weight-obsessed have to admit that a second door is pretty nice when you have three or more people in a tent. Footprints serve two different

purposes for three-season tents. Placing a footprint under your tent doubles the floor's thickness, so you don't wear out your tent while camping in a less-than-ideal spot. You may want to leave the footprint behind for long-distance hikes where weight becomes a serious issue. Many tent designs allow you to pitch the fly and footprint without the body. This ultralight setup works great for trips where you're not too concerned with bugs and you're not likely to experience any weather beyond the average rain shower.

Camping in Yellowstone



Yellowstone has a designated backcountry campsite system, and a Backcountry Use Permit is required for all overnight stays. Each designated campsite has a maximum limit for the number of people and stock allowed per night. The maximum stay per campsite varies from 1 to 3 nights per trip. Campfires are permitted only in established fire pits. Wood fires are not allowed in some backcountry campsites. A food storage pole is provided at most designated campsites so that food and attractants may be secured from bears. Permits may be obtained only in person and no more than 48 hours in advance of your trip. Permits are available from backcountry offices located in most ranger stations or visitor centers. In order to obtain the best information on trail conditions, permits should be obtained from the ranger station or visitor center nearest to the area where your trip is to begin. The Backcountry Use Permit is valid only for the itinerary and dates specified. Backcountry travelers must have their permits in possession while in the backcountry.

Upcoming Events

- | | |
|----------------------------|---------------------------------|
| August 14 th | Bear safety while camping |
| September 23 rd | How to drink clean water |
| October 8 th | Climbing Everest, guest speaker |
| November 19 th | Prepare for winter camping |

* All events at R.E.I. Denver, 7 PM unless otherwise stated