



# **How To Use a Trangia Stove**

In Pictures

https://www.wikihow.com/Use-a-Trangia-Camping-Stove

On Youtube

How to use a Trangia lightweight camping stove by Adventure Pro

https://www.youtube.com/watch?v=emp0-hPCLpQ

## **Menu Planning:**

Food needs to be

- a) High in kilojoules;
- b) Nutritionally balanced;
- c) Easy to Prepare;
- d) Light weight to pack. Don't bring cans use dehydrated foods or powdered foods;
- e) Limit fresh food that could spoil;
- f) Tasty;
- g) Allow 900kgs in weight /per person/day.

## Carbohydrates:

Rice, pasta, couscous, flat beads, muesli, rolled oats, vita weets

## Protein

Tuna, cabana, salami, freeze dries egg powder, lentils, chicken, beef jerky

## Fruit and Vegetables

Apples, carrots, onions, dehydrated peas, dehydrate mash potato, dried fruits

#### Dairy

Powdered milk, cheddar cheese

## Desserts

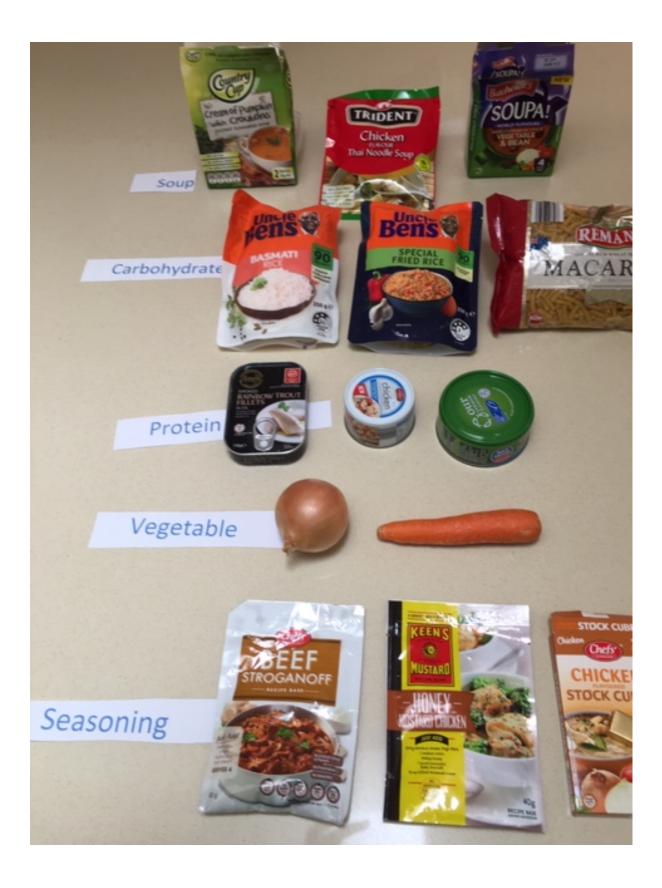
Instant puddings, "strawberry ice-cream desert" from Back Country Cuisine (\$14.00)

## Drinks

Tea, coffee, milo powder, hot chocolate powder, powdered milk, miso soups, cup of soups

How to make an evening meal:

Select one ingredient from each line:



# Menu Planner Sample – 2 Day Bronze Bushwalk

#### **NO TREE NUTS IN ANY FOODS**

# 3 litres of water per day

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Breakfast

A big breakfast at home.

Morning Tea

Trail mix, energy bars, muesli bars, dried fruit

Lunch

Sandwich or wrap brought from home, apple, mini pizzas with ham and pineapple topping

Afternoon Tea

Trail mix, energy bars, muesli bars

**Evening Meal** 

Cup of soup, rice, pasta, vegetables and a meat, seasoning for flavour. Try constructing a meal form the photo on the previous page.

Dessert

#### Day 2.

Breakfast

Uncle Toby's oats with powdered milk commercial preparation, or make your own oats and powdered milk in a snap lock bag, or a cereal of your choice, energy bars, cup of soups.

Morning Tea

Trail mix, energy bars, muesli bars, dried fruit

Lunch

Flat breads with spreads or tuna or chicken or salami, cheddar cheese Or rice thins or vita weets, any biscuit that does not crumble and disintegrate.

Afternoon Tea

Trail mix, energy bars, muesli bars