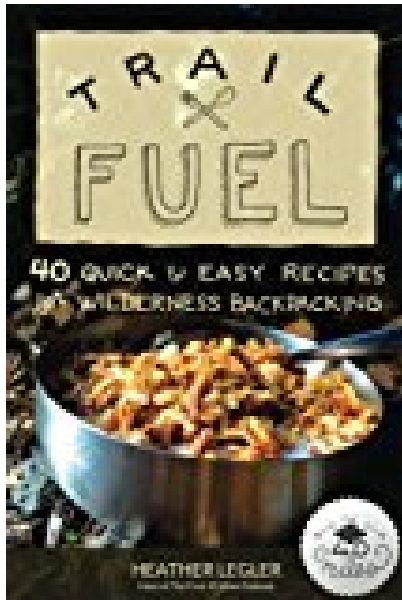


Trail Fuel 40 Quick & Easy Recipes for Wilderness Backpacking



BOOK DETAILS

- Author : Heather Legler
- Pages : 70 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

A collection of recipes for wilderness backpacking from the host of the popular podcast, The First 40 Miles. Trail Fuel: 40 Quick & Easy Recipes for Wilderness Backpacking My first experience with preparing food for a backpacking trip was when my husband was prepping for his first backpacking trip since his time as a boy scout. He explained, "All I know is that I need foods that are calorie dense." Because of the length and intensity of the trip, he needed human rocket fuel. Over the course of a few days, we planned his menu, put together calorie-dense meals, and tried to give enough variety for the five day adventure. Then something happened that I never expected. I was invited to go. With only a week to prepare, I did a crash course in backpacking. I loaded up my pack with all the necessities of life-plus some of those calorie dense foods that I had picked out for Josh only days before. And we were off! It was a week of peanut butter packets, granola bars, M&Ms, dehydrated dinners, and beautiful vistas! What makes great backpacking food? Its calorie-dense. Its shelf-stable. Its simple to prepare. Its a good mix of naughty and nice. Its adaptable and idiot-proof Whether youre new to backpacking or youve been on more trails than you can shake a trekking pole at, this cookbook will inspire you to rethink the essentials, lighten your load, and make the most of your time on the trail. --- Tags: backpacking for beginners, wilderness backpacking, hiking, camping, food, recipes, cookbook, meals.

TRAIL FUEL 40 QUICK & EASY RECIPES FOR WILDERNESS BACKPACKING

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