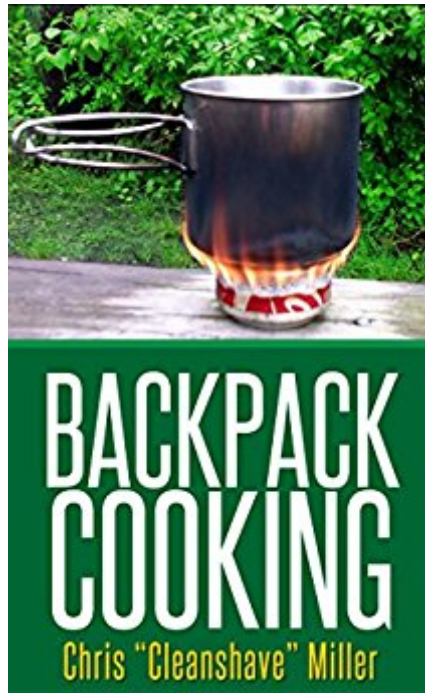




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Backpack Cooking: Outdoor Cooking For The Adventure Traveler



Synopsis

BACKPACK COOKING is the definitive mealtime guide for the long distance hiker, touring cyclist or any traveler living out of their backpack or panniers. This guide will help you prepare simple, cheap and delicious meals, each loaded with the calories your body needs to make it to your next resupply, and specifically designed for easy preparation with readily accessible ingredients. These aren't complicated recipes requiring a multitude of ingredients or excessive pots and pans â " things no thru hiker would have room for in their pack. In fact, most recipes and meal ideas can be prepared in a single cup or pot, even a freezer bag or thermos if you choose! So whether you are setting out on your first true hike or gearing up for your millionth long-distance bicycle tour, be sure to get the most out of your adventure by preparing tasty meals on any budget. Read BACKPACK COOKING today!

Book Information

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Customer Reviews

While it is not a "cookbook", as it doesn't really have many recopies, It does have A LOT of good tips and tricks. This will always be a great go to book.

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