

UNIVERSITY OF OREGON • PE & REC • OUTDOOR PURSUITS PROGRAM
Course Syllabus – PEO 399 – Backcountry Cuisine

Backcountry Cuisine is a one-credit course designed to give students the basics needed for creating and packing lightweight, nutritious and great tasting meals while in the back country. The course consists of six classroom sessions and a one-day cooking outing at a campground near Eugene. Classroom topics include meal planning, rationing, stove use, one pot meals, baking and environmental considerations when cooking (fire safety and waste disposal).

Prerequisites/Corequisites

Department consent is required to participate in this course.

Learning Outcomes

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. Upon completion of the course the student should be able to:

1. Create a meal plan for a lightweight 3-day backpacking trip.
2. Create a meal plan for a 3-day gourmet backpacking trip.
3. Create a meal list for a lightweight 7-day backpacking trip.
4. Evaluate the relative benefits of different foods for backpacking.
5. Demonstrate proficiency baking one meal using a camp stove.
6. Demonstrate knowledge and proficiency of different stove types.
7. Anticipate fuel needs for a trip.
8. Demonstrate appropriate camp safety techniques (“bear” bag hanging, clean up, fire safety, disposal of waste).

Course Resources

NOLS Backcountry Cooking will be the course text and include all the readings for this course. Canvas will have additional resources for meal ideas and extended content.

Evaluative Criteria	Points
Class Preparation Readings and submission of a recipe each week and bring a meal to share each week of class and the outing.	50
Meal Plan - (Lightweight and Gourmet)	20
Stove Knowledge and Proficiency	20
Demonstrate Environmental and Safety Practices	10
Total	100

Notes:

This is a P/NP course.

Any points lost due to **absences** can not be made up.

In order to be considered for a passing grade all students must:

- miss no more than one class session.
- attend the weekend outing
- Complete all meal plans.

Late Policy:

Meals for class preparation can not be turned in late for credit.

All other assignments turned in **late** will be worth half credit.

Backcountry Cuisine Schedule of Activities

Instructor: Dustin Dawson

Office: 186 Esslinger

Office Hours: Monday 7:30pm–8:30pm or by appointment

E-mail: dawson_d@me.com, ddawson@uoregon.edu

Date	Topics	Notes
Week 1	Overview and expectations, Types of stoves, Advantages and Disadvantages of stove types,	Canvas will be used for all submission of assignments.
Week 2	Breakfast, Meal planning, Packaging, camp safety, environmental considerations, outing preparation/carpools.	Preparation: Online resource exploration, Meal plan expectations, Sign up for a breakfast meal by posting the recipe online. Text pages. 2-20, 31-33 (steps 1, 2 and 6)
Week 3	Lunch Portion size, calorie requirements and calorie to weight ratios	Preparation: Sign up for a lunch/snack meal by posting the recipe online. Text pages 20-30 (steps 3-5)
Week 4	Dinner, Fuel requirements, Pot cozies to reduce fuel usage The Pantry Method of food preparation, the cook kit	Preparation: Sign up for a dinner meal by posting the recipe online. Text pages 38-47
Week 5	Other Meals: No cook dinners, deserts, ultralight, Other? Baking Basics	Preparation: Sign up for a “other” meal by posting the recipe online. Text pages 54-64
<p>Outing Date: _____</p> <p>Meet at Armitage Park campground</p> <p>Preparation: Online readings about baking. Sign up for 1 desert and one baked good on Canvas</p>		
Week 6	Evaluations and Reflections	Completed meal plans due

Notes:

- Students are required to complete a Health Information form and read and sign a Statement and Assumption of Risk/Release document prior to participation in the field outings.
- Students are required to provide their own transportation to the outing location. Car-pool arrangements will be conducted in the class session prior to the outing.