

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. Evaluate the relative benefits of different foods for backpacking.
4. Demonstrate proficiency baking one meal using a camp stove.
5. Demonstrate knowledge and proficiency of different stove types.
6. Anticipate fuel needs for a trip.
7. Demonstrate appropriate camp safety techniques (safe food storage, fire safety, disposal of waste).

Course Resources

The course text will be “Backcountry Cuisine”. A pdf version of the text will be available on the Canvas and OPP website.

Evaluative Criteria	Points
Class Preparation Readings, recipe submission, food packaged and trail ready for class.	50
Meal Plan - (Lightweight and Gourmet)	20
Baking Knowledge and Proficiency Bake at least two meals using a camp stove.	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

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Date	Topics	Notes
Week 1	Overview and expectations, Introduction to the Pantry Method. Stove types and advantages and disadvantages. Cook pots.	Canvas will be used for all submission of assignments.
Week 2	Novice Pantry Method Meal Packaging, Portions, Calorie density	Preparation: Submit meal recipe by the Friday before class. All meals should be packaged as if being taken on the trail. Reading: Pantry Method (pgs 18-22)
Week 3	Apprentice Pantry Method Meal Fuel requirements, Pot cozies, pantry storage	Preparation: Submit meal recipe by the Friday before class. All meals should be packaged as if being taken on the trail. Reading: Fuel usage and Pot cozies (pgs 12-13)
Week 4	Master Pantry Method Meal, Meal plans	Preparation: Submit meal recipe by the Friday before class. All meals should be packaged as if being taken on the trail. Reading: Meal plan requirements from Canvas.
Week 5	Grand Master/Breakfast/Build your own Meal Baking Basics Outing preparation and carpooling plans.	Preparation: Submit meal recipe by the Friday before class. All meals should be packaged as if being taken on the trail..
<p>Outing Date: _____</p> <p>Meet at Armitage Park campground at 9am.</p> <p>Preparation: Readings: Baking (pgs 23-25) Camp Safety and Low impact cooking (pgs 3-7)</p>		
Week 6	Evaluations and Reflections	Completed meal plans due

Notes:

1. 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.
2. 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.