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
PEO 285 – Wilderness Survival
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
Readings will all be on the course website at www.backcountrycuisine.net. Assignments and due dates will be posted on Canvas.

<table>
<thead>
<tr>
<th>Evaluative Criteria</th>
<th>Points</th>
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<tbody>
<tr>
<td><strong>Class Preparation</strong></td>
<td>50</td>
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<tr>
<td>Readings and submission of a recipe each week and bring a meal to share each week of class and the outing.</td>
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<tr>
<td><strong>Meal Plan - (Lightweight and Gourmet)</strong></td>
<td>20</td>
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<tr>
<td><strong>Stove Knowledge and Proficiency</strong></td>
<td>20</td>
</tr>
<tr>
<td><strong>Demonstrate Environmental and Safety Practices</strong></td>
<td>10</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>100</td>
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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 then 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.

http://opp.uoregon.edu/bpk/backpacking.html
# 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Topics</th>
<th>Notes</th>
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<tbody>
<tr>
<td></td>
<td><strong>Week 1</strong></td>
<td><strong>Overview and expectations, Using an alcohol stove. Camp Safety and environmental considerations. Cozies.</strong></td>
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|        | **Week 2**                                  | **Breakfast**                                                          | **Preparation:** Sign up for a breakfast meal by posting the recipe online.  
|        | **Meal planning, packaging, cleaning up, outing preparation/carpools.** | Bring your stove and pan to every class!  
|        | **Week 3**                                  | **Lunch**                                                              | **Preparation:** Sign up for a lunch/snack meal by posting the recipe online.  
|        | **Meal sizes, Pantry Method, sauces**       | Bring your stove and pan to every class!  
|        | **Week 4**                                  | **Dinner**                                                             | **Preparation:** Sign up for a dinner meal by posting the recipe online.  
|        | **Fuel requirements,**                       | Bring your stove and pan to every class!  
|        | **Week 5**                                  | **Other Meals: No cook dinners, deserts, ultralight Baking Basics**    | **Preparation:** Sign up for a “other” meal by posting the recipe online.  
|        |                                               | Bring your stove and pan to every class!  |

**Outing (Baking and bear bagging) Date:** ________________  
*Meet at Armitage Park campground*  
**Preparation:** Online readings about baking. Sign up for one baked good. See Canvas for readings and link to meal posting.

| Week 6 | Evaluations and Reflections | Completed meal plans due  
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<tr>
<td></td>
<td></td>
<td>No cooking this class.</td>
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## 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.