

PEO 353 – Backcountry Cuisine

Description

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 backcountry. 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).

Prerequisite/Corequisites

None

Learning Outcomes

The Outdoor Pursuits Program emphasizes safe and responsible participation in outdoor activities. In addition to meeting the learning outcomes of the prerequisite course, after completing this course participants 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 using different stove types.
6. Anticipate fuel needs for a trip.
7. Demonstrate appropriate camp safety techniques ("bear" bag hanging, clean up, fire safety, disposal of waste).

Evaluation

This is a P/NP course. Students enrolled for credit will be graded in the following areas. All of the following evaluative criteria must be met for a passing grade:

- 50% *Class preparation* - completing assigned readings and submitting a recipe each week during class, preparing and sharing a meal each week, being on time and actively participating in all classroom events.
- 20% *Meal plan* - submitting a meal plan incorporating information/concepts/techniques learned in class session. Due at the final class session .
- 20% *Stove knowledge, safety and proficiency* – learning to select, repair and safely use canister, alcohol, white gas, biofuel and hybrid stoves for cooking and baking.
- 10% *Safety and environmental practices* – demonstrating leave no trace cooking and camping techniques.

To be considered for a passing grade, participants must:

1. Attend and fully participate in ALL required classroom sessions.
2. Miss no more than one classroom session.
3. Fully attend the required weekend outing.
4. Complete all meal plans.
5. Attain a score of 80% or higher on the combined evaluative criteria.

Course Demands, Requirements, Expectations, and Policies

Classroom sessions are conducted on campus and the outing is conducted at a local park on a specified weekend date. Students are expected to comply with program policies and protocols during class sessions, and park policies during the outing.

It's imperative that you understand what is required of you in terms of preparation, attitude, and conduct. MOST IMPORTANT! Safety is our first concern and must be yours as well. You are required to assume full responsibility for your own safety. Never assume that the leadership team knows everything, always make good decisions, or can solve every problem for you. Your safety depends upon your alertness and good sense. We encourage you to maintain a questioning attitude! If you are unsure of something, ask!

A. You are:

1. Required to read, understand, and sign the Statement of Risk, Assumption of Risk, and Release of Liability document and Health Information form, allowing enough time to thoroughly read each document and bring any questions you may have to the course instructor. It is your responsibility to provide your instructor with information regarding injuries, surgeries, medications, or other special considerations that may affect your participation in this course.
2. Encouraged to monitor your health and comfort and inform your instructor if you become uncomfortable or exceed your limits of personal safety. Your enjoyment of the course will be improved by maintaining a positive attitude and by being mentally prepared for course events. You are **strongly encouraged** to obtain health insurance prior to participation in this (or any) course. You may be asked to secure a physician's statement clearing you to participate in this course.

Additional Information

1. Evaluation: You are requested to complete student leader evaluations at the last class session, and to complete an online course/instructor evaluation on Duckweb during the evaluation period at the end of the term.
2. You are required to provide your own transportation to the outing location at Armitage Park. The course instructor will facilitate a car pool during the session immediately prior to the outing.
3. If, for ANY reason, you must drop the course, please know that refunds are subject to the refund schedule established by the Registrar's Office. NOTE: this is a 'short course' and subject to a different refund/fee schedule compared to full term courses.

Course Instructor

Dustin Dawson Office: 186 Esslinger Office Hours: TBA E-mail: ddawson@uoregon.edu

Accessibility Information

The University of Oregon is working to create inclusive learning environments. If there are aspects of the instruction or design of this course that result in barriers to your participation, please notify the course instructor as soon as possible. You are also encouraged to contact the Accessibility Education Center: 164 Oregon Hall, 346-1155, or <mailto:disabsrv@uoregon.edu>

SESSION	TOPIC	NOTES
Week 1	Overview and expectations, Types of stoves, Advantages and disadvantages of stove types, Resources, Evaluating foods for the backcountry. Preparations for each week.	Print and review the course packet (accessible on Blackboard) to review to understand course expectations and access resources.
Week 2	Breakfast, Meal planning, packaging.	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? camp safety, environmental considerations, outing preparation/carpools.	Preparation: Sign up for a "other" meal by posting the recipe online. Text pages 54-64
<p>Outing (Cooking and Baking Techniques; Food Storage and Bear Bagging) Meet at Armitage Park campground at: (outing time/day TBA) Preparation: Online readings related to baking techniques. Sign up for 1 desert and one baked good on blackboard.</p>		
Week 6	Evaluations and Reflections	Completed meal plan assignment due