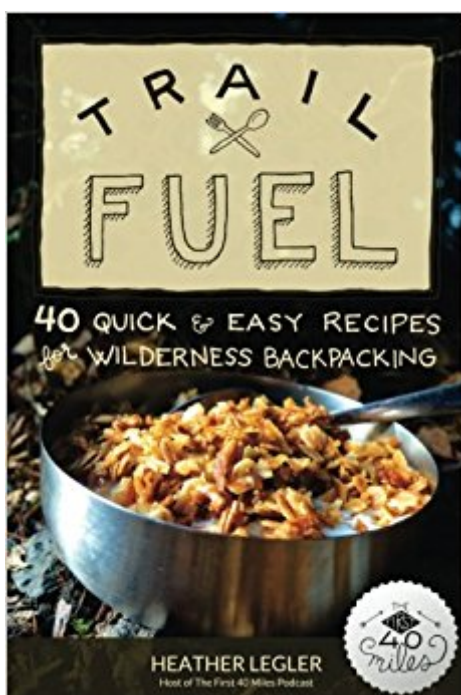


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Trail Fuel: 40 Quick & Easy Recipes For Wilderness Backpacking



Synopsis

A collection of recipes for wilderness backpacking from the host of the popular podcast, The First 40 Miles. Trail Fuel: 40 Quick & Easy Recipes for Wilderness Backpacking My first experience with preparing food for a backpacking trip was when my husband was prepping for his first backpacking trip since his time as a boy scout. He explained, "All I know is that I need foods that are calorie dense." Because of the length and intensity of the trip, he needed human rocket fuel. Over the course of a few days, we planned his menu, put together calorie-dense meals, and tried to give enough variety for the five day adventure. Then something happened that I never expected. I was invited to go. With only a week to prepare, I did a crash course in backpacking. I loaded up my pack with all the necessities of life plus some of those calorie dense foods that I had picked out for Josh only days before. And we were off! It was a week of peanut butter packets, granola bars, M&Ms, dehydrated dinners, and beautiful vistas! What makes great backpacking food? It's calorie-dense. It's shelf-stable. It's simple to prepare. It's a good mix of naughty and nice. It's adaptable and idiot-proof Whether you're new to backpacking or you've been on more trails than you can shake a trekking pole at, this cookbook will inspire you to rethink the essentials, lighten your load, and make the most of your time on the trail. --- Tags: backpacking for beginners, wilderness backpacking, hiking, camping, food, recipes, cookbook, meals.

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Customer Reviews

Podcasts are usually done by people who are experts in their field. They know a lot, and they have a lot to say. I host a backpacking podcast called The First 40 Miles. However, I'm not an

expert. I'm a beginner backpacker. I haven't solo hiked the Pacific Crest Trail or sawed off a frost-bitten limb with a credit card. I have never eaten raw squirrel meat or slept under a blanket of pine needles and steaming bear dung. I haven't been stranded for weeks in the woods with only a knife and a camera crew. But, I have discovered a simple love of hiking and backpacking. And it all happened in the first 40 miles. In 2014, my husband was preparing for his first weeklong backpacking trip in a long while. I became interested in everything he was learning. Then, a week before the trip, Josh's trip leader pulled me aside at a wedding reception and asked, "Would you like to go?" Something sparked inside of me! I went from zero to ready in seven days. My first 40 miles was spent circumnavigating Mount Hood on the Timberline Trail. I want to approach backpacking with creativity, because there are few things that require as much creative thinking, imagination, inventiveness, improvisation, insight, and intuition as the act of strapping 30 pounds to your back and disappearing into the thick woods.

I had listened to the author's podcast for several months and at first found it too simplistic and assumed it was for beginners only (whereas I was an "expert," I believed). However she and her husband have interesting and very positive personalities and a tremendous creative drive to find out more and more about this subject and to present it simply and clearly to the audience. They are good "teachers." Now I listen to the podcast regularly. While she admits she's not an expert she has a real talent to distill and convey information so I had to buy her cookbook as she and her taste test panel of 40 people had tried every recipe over a year's time and worked out the kinks before it went to press. I give them a lot of credit for doing what they are doing and the book is well written. I would like to try all the recipes in the next few months. I wonder how many people really carry a 2 quart pot and frying pan however - so some of the recipes maybe more suitable to family hiking and camping (which they do) as opposed to the "hike-40-miles-a-day" crowd, where hikers have to carry the bare minimum.

I couldn't be more pleased with this book. It is very well laid out, making it easy to follow. There are helpful tips throughout the book that remind me of things that i would have otherwise forgot before preparing for the trail. I have tested half of the recipes at home, and tried 1/4 of them on the trail, and i have not been disappointed with any of them. I have come from a tradition of trail food being anything that I can "add hot water to" and eat. After trying the recipes in this book, its like I'm eating "real food" on the trail. In addition, reading this book has sparked some creativity on my own part. I was able to come up with some recipes of my own by using some of the packing and preparing

techniques that I learned. For that reason alone, I have gained great value from my purchase. So, if you are like I was and considered meals on the trail as a utilitarian necessity, get a copy of this book and see if it can change your mind.

I'm a big fan of Heather's show *The First 40 Miles* and was excited to learn of their cookbook by the time I made it to episode 100 or so. I'm happy to support their independent efforts by buying their product, but here is the honest review: There's really not a whole lot to most of these recipes. Beware: "40 Quick and Easy Recipes" is what you are going to get. There are a few great ideas like the Taiwanese Crepes, the Homemade Nut Bars (more like this, Heather!), Gnashi bars (you have to listen to the episodes to get this), and the Loaded Baked Potato Soup. But why WHY did they start off a cookbook with how to cook oatmeal!? Or include directions on how to prepare a meal replacement shake with Carnation Breakfast Essentials? There's other frustrating bits like how to make your own chex-mix, and one recipe is pretty much "hey, stuff trail mix into an empty bottle." A few recipes call for a 2qt pot... I'm not lugging that... A better title for this book would have been "A beginner's guide to eating on the trail" or "Your first meal in the woods" I think by the time a backpacker is reaching for a trail cookbook in a bookstore, they are looking to reach beyond the basics. The photos are a pleasure to look at as most other books have sketches of the food. Bravo for keeping the text inline with the humor of the show, I did feel as if I was reading the book with Heather's voice in my head. Bottomline: A great gift for a green new backpacker who needs all the help. Pass for anyone who is looking to elevate their trail food game.

I really love this book! I'm new to backpacking and these recipes meet my requirements as far as inexpensive, made from things in my pantry, easy to pack and go, calorie dense but made from whole ingredients, and super satisfying as far as filling and flavor. You just can't go wrong. Small investment, big reward. Personal favorite recipes include the granola, the trail wraps, and the Thanksgiving casserole. If you listen to the podcast Heather even gives you a neat idea for backpackable "pumpkin pie" to go along with it. We will be carrying both on our Christmas day hike!

I listen to Heather and Josh's podcast and couldn't resist supporting them once I saw their cookbook was released. Just as it is with their podcast, I find the information/recipes not only very helpful, but approached from a very relatable angle. Every recipe has a photo of the finished product, which is much appreciated. Numerous notes and substitutions are also included, which somehow takes any "pressure" off of the reader. Ingredient experimentation and method tweaking are

encouraged, which is almost like having a friend sharing her favorite recipes with you during a chill day in the kitchen. With some time yet before peak hiking/backpacking season, I'm looking forward to trying out their recipes. Their options look tastier (and cheaper!) than the freeze-dried meals that have been a staple for most of my trips so far. Keep up the great work Heather and Josh!

I love the book and the recipes are great. Thank you for putting it together Heather.

This book of basic trail-food knowledge was really helpful while prepping for my first backpacking trip. The recipes seem tasty, but the most helpful portion was the first chapter where she runs through the theories and techniques for what makes good backpacking food. Not only do I have her tested recipes to try for myself, but now I feel confident in searching out my own trail-food ideas, because I know what to look for!

I started listening to their podcast a while ago. Although I am not a novice backpacker, I found great tips and ideas in their messages. Upon listening to one of their episodes, I learned about the book. I wanted to give it a shot and want to save money (mountain house cost \$8-10 per meal). I got the book yesterday and I was so excited from what I found in the book that I had to give it a review. I am trying a few recipes out tonight. Super excited!

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