

Cooking & Food Tips



Parks and Wildlife Service Tasmania

DEPARTMENT of TOURISM, PARKS
HERITAGE and the ARTS

Many people have their first overnight walking experience in Tasmania. This notesheet may assist you in planning for the cooking aspect of your walking trip.

Cooking equipment

You will need:

A fuel stove
Appropriate fuel
(e.g. - metho, shellite, gas)
Lighter or matches
Pots and lids
Pot holders or grippers
Spoon
Knife
Pot scrubber or scourer
Small strainer or straining cloth



Fuel Stove Only Areas

Most of the overnight tracks in Tasmania are within Fuel Stove Only Areas (FSOAs). This includes all National Parks and tracks in the Wilderness World Heritage Area. The Overland, South Coast, and Frenchmans Cap tracks, the Freycinet Peninsula Circuit and the Tasman Coastal Trail are all FSOAs. You must carry a fuel stove for all your cooking needs.

Why FSOAs?

Fuel stoves minimise the risk of fires escaping. Compared with campfires they are faster, a lot easier in wet weather, don't deplete firewood at campsites and don't leave lasting scars on the landscape. Fines of up to \$5000 can be imposed for lighting fires in FSOAs.

Where to cook

If you want to give maximum protection to the environment, use your fuel stoves on hard surfaces. Heat from fuel stoves can damage underlying vegetation. Most huts have benches for cooking on. If camping, look for a section of bare earth or rock rather than placing your stove directly on vegetation. This minimises both the killing of plants and the risk of wildfire. Likewise take care where you tip out hot water – try to find a hard surface like a rock or bare earth. Plants, mosses and lichens can be damaged by hot water.

Using your fuel stove

Use of a fuel stove requires some caution and preparation. If you have never used a fuel stove before, practice before starting on your trip.

- Get instructions from the shop you bought it from and try to cook a meal where help is not far away.
- Refuel your stove outside of the hut – changing gas cylinders should always occur in the open air – not in a hut.
- Never add fuel to a hot stove. Wait until your stove has cooled down to refuel.
- Never leave your stove unattended while cooking – they have a tendency to tip over when the pot is full of a hot meal.

Food storage

By properly storing your food you can ensure it will remain fresh longer, you will carry less rubbish and your food will not attract wildlife.

Native animals have a strong sense of smell and your food smells just as interesting to them as it does to you! Animals that are used to finding food around campsites can become a nuisance. Extra food creates an unbalanced and unnatural dependency on humans for food. Some wildlife have learnt to rip open tents and packs to get at food. Remember the wildlife suffers too, they can contract diseases such as 'lumpy jaw' from poor eating habits.

To minimise harm to our native wildlife you can follow our suggestions for food storage:

- Remove all excess packaging before starting your walk. Cardboard boxes and outer bags are often unnecessary and will only add to your rubbish collection as you walk.
- Use small containers for sugar, salt and pepper. Screw top plastic containers are excellent for spreads - transfer these from their glass containers which are too heavy to bring walking.
- Double bag each item of food. Store your bagged food in plastic or nylon stuff sacks. Keep food well hidden in your pack and in the hut or in your tent at night.

Try to cook only the amount of food you can eat so you don't need to dispose of leftovers. Animals are attracted to food leftovers so carrying it out is necessary. Do not bury your leftovers. Leftovers include apple cores, orange peels and bread crusts!

Food suggestions

Breakfast

Cereal
Muesli (or quick-oats for porridge)
Powdered milk
Dried fruit
Milo, tea, coffee, sugar (in plastic screw-top jars)
Breads: flat bread, pita bread, hard bread
Spreads: peanut butter, jam, honey, vegemite, pesto (in plastic screw-top jars to hide the scent).

Lunch

Crackers
Hard cheese, Salami (seal in plastic containers to hide the scent)
Dried fruit
Fresh apples
Fresh vegies - snow peas, carrots (for shorter trips)
Soup mixes
Breads and spreads

Dinner

Cous-cous (absorbs hot water, doesn't need cooking)
Pasta or 2 minute noodles
Rice (quick cooking)
Packet meals, pasta based, from supermarkets
Dried vegetables (pre-soak these to make cooking easier and faster),
Dehydrated potato
Dried beans/lentils (pre-soak)
Freeze-dried meats
Powdered coconut milk
Curry paste
Dried spices/salt and pepper

Dessert

Instant pudding
Dried fruit
Powdered custard
Biscuits, heavy fruit cake



Snacks

While walking it is important to have handy, easy to eat, high energy snacks such as nuts, chocolates, lollies, or oat bars.

A SCROGGIN or GORP mix of nuts, dried fruits and chocolates is an excellent snack.

Bushwalking Jargon

SCROGGIN actually stands for "Sultanas, Chocolate, Orange Peel, Ginger, Glucose, Ingenuity and Nuts".
GORP is "Good Old Raisins and Peanuts"

Keeping it clean

Wash all dishes to remove any food scents from your camp. If you are aware that native animals do visit the area cook away from your camp. This will help to reduce the food smells.

The use of detergents should be minimised when bushwalking. Try to use hot water to get billies or pots clean rather than a lot of detergent. If necessary, use a biodegradable soap.

Never wash-up in streams or lakes! Instead collect water and take it away from your camp. Walk 50 m away and wash up there. When you are finished, use a small strainer or straining cloth to filter washing water so that food scraps can be taken out with your rubbish. Spread your dirty water over a wide area so that the water can filter through the earth before it eventually returns to the water source.

More information

The booklet *Tasmania's Essential Bushwalking Guide* is available free from the Parks and Wildlife Service. The booklet provides information for overnight walking in Tasmania and includes what to take, what situations to be prepared for and where to get more detailed information.

Contact

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FURTHER INFORMATION

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