

## ***Emergency Cooking Overview***

### **Stoves**

- a) Propane Stove
- b) White Gas Stove
- c) Coleman Gas Stove
- d) Butane Stove
- e) Magic Heat Stove Kit
- f) Sterno Stove
- g) Wing Stove
- h) Esbit Emergency Stove
- i) Esbit Pocket Stove
- j) Canteen Cup Stove
- k) MRE Heater
- l) Mountain House Oven
- m) Portable Camping Cooking Bag
- n) Foldable Pocket Wood Cooker
- o) Charcoal Grill
- p) Charcoal Starter Cooker
- q) Alcohol Stove
- r) Toilet Paper Stove
- s) Ammo Can Stove
- t) Rocket Stove
- u) Fire Hole
- v) Haybox

## **Cooking Utensils**

- a) Wind Screen
- b) Mess Kit
- c) Family Cook Set
- d) Sierra Cup
- e) Bottle Cup
- f) Canteen Cup
- g) Aluminum Foil
- h) Thermos Bottle
- i) Chow Kit
- j) Spork

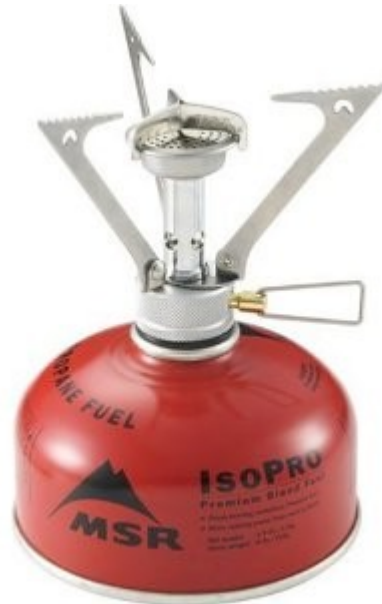
## **Baking**

- a) Canteen Cup Oven
- b) Stovetop Oven
- c) Propane Oven
- d) Charcoal Box Oven
- e) Solar Oven
- f) Dutch Oven

## Propane Stove



## White Gas Stove



### Description

- \* New MSR PocketRocket Backpacking and Camping Stove
- \* Ultra lightweight, compact canister stove weighs 3 oz & measures 4" x 2" x 2"
- \* High heat output can boil 1 liter of water in 3.5 minutes
- \* Simple to operate with no priming, pre-heating, or pressurizing required
- \* Fully adjustable flame control, from a rolling boil to a slow simmer
- \* Glove-friendly flame control valve is easy to operate for precise flame adjustment
- \* Serrated pot support add stability and keep the pot from shifting
- \* WindClip windshield protects the flame from light gusts
- \* Includes a protective, custom fit carrying case
- \* This stove delivers full-size performance & fits in the smallest corner of a pack
- \* Superior cooking stove for any camper, backpacker, or outdoorsman

## Coleman Gas Stove



Can use the propane conversion kit.

## Butane Stove



The Brunton Raptor Butane Camp Stove is perfect for campers who prefer to have minimal gear. This stove is extremely compact, measuring a mere 1.7" x 1.5" x 2.5" when folded, making it ideal for those who backpack into their camping area. For even greater portability the stove comes with a nylon carrying case.

- \* Technical Information: Brunton Raptor Butane Camp Stove 1.7" x 1.5" x 2.5" when folded
- \* Weighs only 5 oz
- \* Piezo ignition
- \* Output: 11,000 BTU
- \* Fuel: Isobutane canisters (fuel is not included)

## Magic Heat Stove Kit



MAGIC HEAT KIT: Kit contains 300 mL Magic Heat and the accessory Magic Stove.

### Details:

- \* Provides up to 6 hours of Heat
- \* Safe to Hold - YES
- \* Safe to Use - YES
- \* Safe to Ship - YES
- \* Can be Reused - YES
- \* Fuel Evaporates - NO
- \* Stove kit is compatible with Sterno 8 oz cans

## Folding Stove



**SINGLE BURNER FOLDING STOVE:** Folds to 1.5" thick for easy storage and portability. Rust free aluminum panels reflect heat back under the cooking vessel.

Folding Stove goes for under ten dollars and is still sturdy enough to hold up to the elements. It works with any camping fuel and cooks on a sturdy and easy to balance frame to keep your dinner on your plate and out of the dirt. Just a simple metal square can mean a warm meal that keeps up spirits and cleanup afterwards that couldn't be easier.

Burns any type of canned fuel or solidified alcohol.

Coated steel construction size: 6.5 x 6.5 x 5 in. (16.5 x 16.5 x 12.7 cm)

It's bigger than the Esbit and could handle larger, heavier pots. We used Esbit fuel in it and Sterno could be used as well.



## Sterno Folding Stove



Folds to 1.5" thick for easy storage and portability. Rust free aluminum panels reflect heat back under the cooking vessel.

It's bigger than the Esbit and could handle larger, heavier pots. Could use Esbit fuel in it and Sterno could be used as well.

Burns any type of canned fuel or solidified alcohol.

Can use wood in an emergency.

## Wing Stove



The wing stove is one of the lightest and most compact fuel tablet holders on the market. This lightweight stove can fit into the palm of a hand, yet it can hold up to a gallon size pot. The fold out wings improve heat output by directing the flame upward.

## ESBIT EMERGENCY STOVE



The Esbit® Emergency Stove comes flat for easy packing. Made from a pliable galvanized, hardened steel, it can be bent into a stand-up stove and can be used multiple times. After it cools, fold it flat again and put it back in your pack. Folded flat it measures 4.5" x 3.5". It comes with three (3) Esbit® Heat Tabs. Great for flat-pack survival kits.

## Esbit Pocket Stove



The Esbit Pocket Stove folds to 3"x4"x3/4" thus allowing it to be stored virtually anywhere including an aircraft map compartment, pocket or aviation survival kit. It is constructed of plated tensile structured steel and burns Esbit Solid Fuel Tablets. Each tablet provides intense heat for cooking or emergency warmth. Because it is practically odorless and non-toxic, it can be used within an enclosed area. Each tablet will produce approximately 1400 degrees F of heat and will burn for 13-15 minutes. In short, the Esbit Pocket Stove works, is small, light, reliable, safe, and inexpensive. Rarely does one find a seasoned camper or hiker that doesn't have one of these great pocket stoves.

- \* Made of plated tensile steel
- \* Pocket Size
- \* Lightweight 3.25 oz
- \* compact 3" x 4" x 3/4"
- \* Opens to 2 different positions

## Canteen Cup Stove



Canteen pouch

Canteen

Canteen cup

Canteen stove

Canteen, cup and stove nest to fit into pouch.



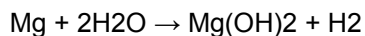
## MRE Heater



The MRE Heater is a patented water-activated and environmentally friendly heater. It is especially designed for the U.S. Army to heat a soldier's individual eight ounce Meals, Ready to Eat (MRE) field ration. Spent pads are easily disposed, with no toxic materials. **Single use only.** The heaters are made from powdered food grade iron, magnesium, and sodium.

Each heater is individually packaged in a sturdy, leak-proof polybag which serves as the heating container for the MRE. The polybag measures 5 3/4 inches wide by 14 1/4 inches long. Simply cut open the top of the polybag sleeve, Place the MRE food portion inside the bag next to the heater. Add plain water to the "Fill Line", and fold the open end of the bag. In just 12 minutes - enjoy a hot meal anytime, anyplace.

### Chemical reaction



The exothermic chemical reaction works by the process of oxidation-reduction, which is similar to the process of rusting metals. When iron metal rusts, it is oxidized by the oxygen present in the air. In the case of the flameless ration heater, the metal used is magnesium. Magnesium is chosen because it is readily oxidized, which is due to its having only two electrons in its valence shell. The magnesium metal is mixed together with a small amount of iron in a pouch. To activate the reaction, a small amount of water is added, and the boiling point of water is quickly reached as the reaction proceeds. The role of iron in the heater is most likely as a catalyst, since it is used in a small amount. In this case, the iron is initially oxidized, and then reduced back to its elemental form as the magnesium is oxidized and sends its two valence electrons to iron.

(Source: <http://science.howstuffworks.com/mre4.htm>)

## Mountain House Oven



With this kit, you can prepare a hot meal even when boiling water isn't available. Simply add water to activate the chemical heating process. The Flameless Heating Kit increases water temperature to about 100°F.

**This includes heating packs for five uses.**

Mountain Oven Kit Components:

- 1 Reusable Insulated Zipper Pouch
- 1 Plastic Storage Bag
- 1 Plastic Bottle
- 5 Salt Tablets
- 5 Heat Activation Pads

## Portable Camping Cooking Bag



Camping - Hiking Emergency & Disaster Portable Cooking Bag Kit No Fire, No Electricity Just Add Water! Kit Includes: 10 Heating Packs 1 Measuring Cup 1 Reusable & Resealable Warmer Bag Caution! Extremely Hot! Steam from Vent Hole of Bag - Risk of Burning (Not for Children to use). Must use caution when opening bag also, food will be hot. Only Use Provided Heating Packs. Read and Follow Directions Carefully! Key Features! Maximum Heating Temperature is 194 Degrees C. Heating time can last 20 - 25 Minutes. The left over Material is Harmless! to Humans & the Environment Simple to Use!

Add Water to measuring cup .7 fl oz., add to bag, insert heat pack (**10 packs with kit**), add to the water in the bag. Add sealed food or can of food! Food is Hot! and Ready! in 15 -20 Minutes Caution! Extremely Hot! Steam from Vent Hole of Bag - Risk of Burning (Not for Children to use). Must use caution when opening bag also, food will be hot. Only Use Provided Heating Packs.

Kit Includes:

- 10 Heating Packs
- 1 Measuring Cup
- 1 Reusable & Resealable Warmer Bag

Cheaper than Mountain House oven & MRE heater. Not widely available as yet.



## Foldable Pocket Wood Cooker



Compact Cooker uses all natural fuel such as sticks, paper, straw, anything. No gas. No batteries.

Unfolds in a jiffy from 6 1/2 x 3 3/4 x 1 1/8" to 8 x 6"h. (open). Hinged, all-metal panels. Comes in nylon case with 2"w. belt loop. Weighs 2 lbs.

## Charcoal Grill



### 14-Inch Square Tabletop Charcoal Grill

- \* Bakelite handle for protected removal of lid. Bakelite side handles for protected moving of grill
- \* Folding legs lock on top for easy portability
- \* 169 sq. inch cooking surface
- \* Item size is 14-1/2-inch w by 16-1/2-inch d by 9-inch h

## Charcoal Starter Cooker (aka Charcoal Chimney)



Can be used for charcoal or wood.

For wood cut an opening in the side for adding wood.

Add coat hanger slats on top for pots and pans, and some hardware cloth on the rack that holds the fire to keep the embers up from the ground.

Too large and fragile for back packing.

## Alcohol Stove



## Toilet Paper Stove



## Ammo Can Stove



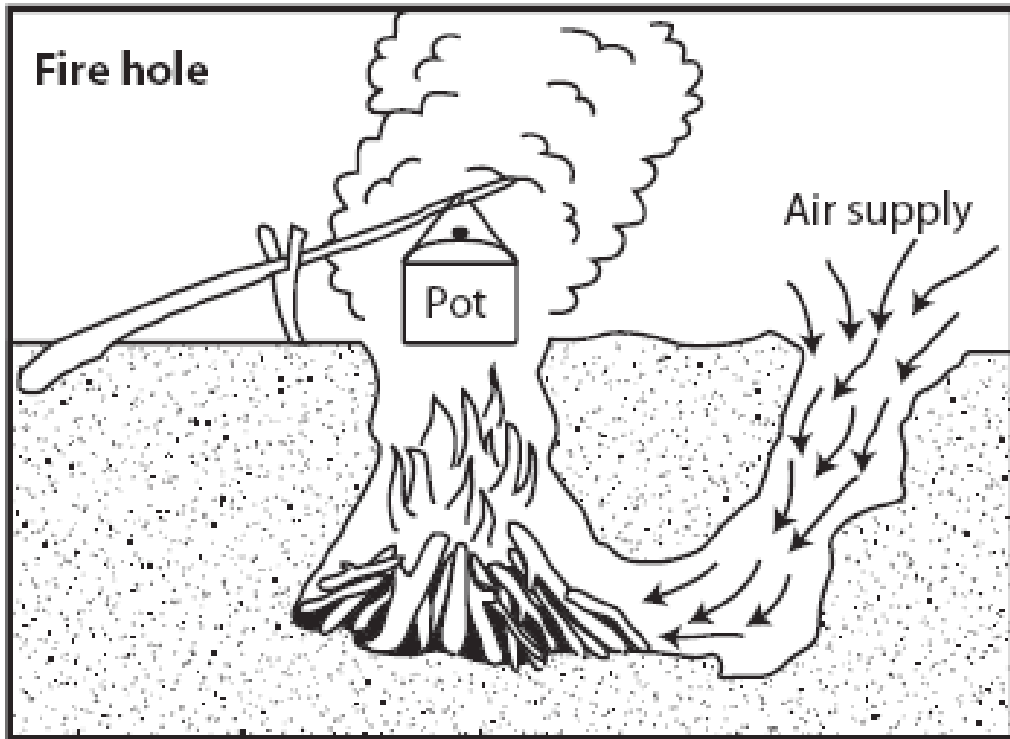
A Field expedient stove is the "dirt and ammo can" stove. Use a metal container with large enough opening to support your mess tin, cook pot or grill, with high enough sides to enable a 4 to 6 inch stand off distance. A .50 cal. ammo box works well. Shovel the ammo can 1/4 to 1/3 full of dirt. Pour a pint of gasoline or diesel over the dirt, give it a minute to soak in, then light your fire.

## Rocket Stove



Most efficient of all stoves.  
Has a low carbon footprint.  
Used extensively in third world countries.

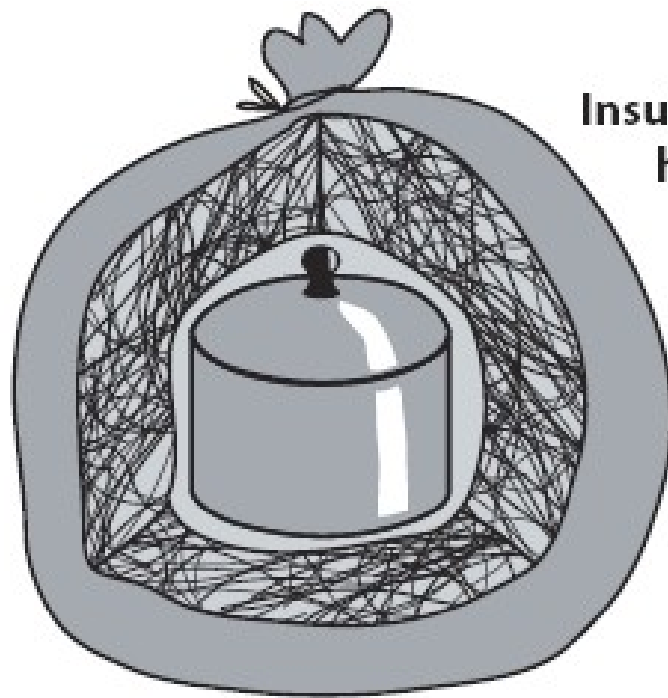
## Fire Hole



Good for high wind areas.  
Good for reduced detection.

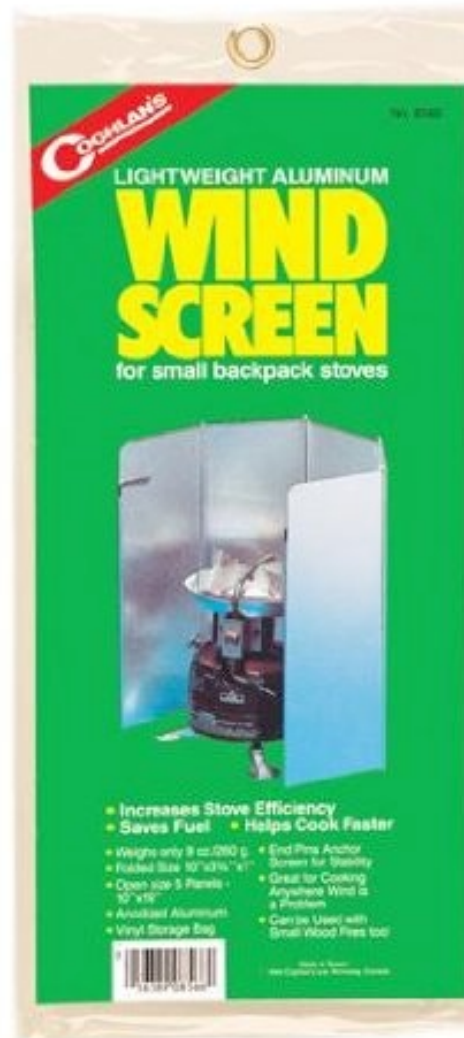


## Haybox



**Insulated sack  
haybox**

## Windscreen



- # The screen is made out of anodized aluminum so it is lightweight and sturdy
- # When opened the screen measures 10"X19".

Can also be improvised with some sticks and HD aluminum foil or cloth.

## Mess Kit



### Deluxe 6 piece mess kit

- \* It is a five piece kit
- \* Includes an eight ounce cup and six inch deep dish plate
- \* Also includes 7.5-inch frying pan and 16-ounce pot with lid
- \* Nests together for easy storage

Skillet, plate, sauce pan, plastic cup, pan cover and carrying bag

## Family Cook Set



- 10" Frying Pan
- 6.Qt. Kettle
- 2.5 Qt. Saucepan with Lid
- 1 Detachable handle
- Non-stick surface
- Commercial-grade construction
- Riveted, plated steel handles

## Sierra Cup



Coghlan's Jumbo Sierra Cup Featuring Stay Cool Rim.  
Rugged Rust Resistant Stainless Steel Construction.  
Holds 1 Cup/250 ML.  
Featuring Stay Cool Rim.  
Rugged Rust Resistant Stainless Steel Construction.  
Capacity: Regular 1 Cup (250 ML), Jumbo 2 Cups (500 ML).

## Bottle Cup



### GSI Outdoors Bottle Cup, Pot & Stainless Steel Space Saver 18 fl oz. Mug

. This unique design fits over the top of most round 1 quart Nalgene type of bottles, eliminating the wasted space of packing a traditional cup. The wire handles fold flat to save space and extend enough to use the cup to cook without burning you fingers. Cup can be used to measure with markings found on side.

Up until the last twenty or thirty years you could spot Sierra Club hikers by the small metal cup hanging from their belts. The hiker cups were used to dip water from streams and lakes whenever one wanted a drink.

These stainless steel cups are very popular with backpackers, scouts, etc. Cup features "stay-cool" outer rim and drinking cup handle. Can be used to heat water or cook your freeze dried meal in. Excellent for drinking hot drinks like coffee, tea or cocoa. Great Campsite item.

When you're in the wild, camping or in a survival situation, having something to put water in is a necessity. Finding a source of water but not having anything to carry it to the fire with would be extremely frustrating. With a sierra cup, you're all set. You'll also be able to cook or make tea.

Space Saver Cup features a stay cool rim  
Camp Cup has folding handle for packing  
Rugged stainless steel construction  
Capacity: 16 oz.  
Weight: 4.7 oz.

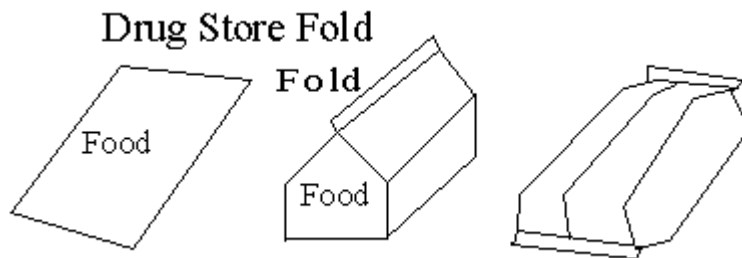
## Canteen Cup



## Aluminum Foil



When foil is wrapped as an airtight package around food, finishing off with a drugstore or sandwich fold, it becomes a small-scale pressure cooker. When placed in a bed of hot coals with some heat on top, diced vegetables and meat cook in 10 to 15 minutes in this package, and whole potatoes in 40 to 50 minutes. Be sure to allow some space for expansion in the package by not wrapping the raw food too tightly. If you want food to brown or to broil as in a skillet, leave the package open at the top (or fashion like a folded drinking cup with a flat bottom). This allows the steam to escape and makes it possible for you to watch the progress too.



### Drug Store Fold

1. Place foil on flat surface. Place food in center.
2. Fold sides up to make a "tent". Hold top edges together and fold together.
3. On each open end, bring together and fold
4. Double fold top and ends to seal packet, leaving room for heat circulation inside.
5. AFTER COOKING, open end of foil packet first to allow steam to escape. Then open top of foil packet.



## Thermos Bottle (Vacuum Insulated Food Jar)



Thermos Bottle cooking is as an emergency or daily way to overnight cook grains and legumes? Well, a Wide Mouth Thermos is still an essential use item. Foods such as rice, pasta, and hot cereals cook the best. This doesn't mean that you are limited to cooking only these foods, however. You can make soups, stews, casseroles, and many other recipes.

Here is all you have to remember about Thermos cooking:

- If cooking grains, use two parts water to one part grain – 2:1 water to grain ratio.
- If cooking legumes, use three parts water to one-part beans, lentils, etc. – 3:1 ratio.

Don't forget to add salt and/or sweetener to taste, plus any other ingredients that add flavor. Bullion, TVP, dehydrated onions, herbs, and spices are going to cook right along with the main ingredients.

## Chow Kit



- \* Knife, fork & spoon
- \* Locking set in vinyl case
- \* Stainless steel

## Spork



- # Heat resistant Polycarbonate material - doesn't melt in hot/boiling water
- # Won't scratch non-stick cookware, Teflon-friendly
- # Extremely durable and dishwasher safe
- # Weighs only .36 ounces!

Spoon on one end, fork on other end.  
Knife edge on side of fork.

Poor design – cannot use knife and fork at same time.

## Canteen Cup Oven



Canteen cup with pebbles on bottom and then lined with aluminum foil.  
Cover top with aluminum foil.

## Stovetop Oven



Made of smooth, aluminized steel that folds flat for easy portability, Coleman's Camp Oven is perfect for baking and keeping foods warm while exploring the great outdoors.\* Great for baking muffins, potatoes, pies and more as well as heating up cans, pot pies and frozen entrees. Comes with an adjustable steel bake rack and an easy-to-read thermometer.

\*The Coleman Portable Camp Oven requires a camp stove as the source for its heat:

- \* 1. Center the Coleman Portable Camp Oven over the master burner of your camp stove.
- \* 2. Preheat the oven slowly and allow enough time for the desired baking temperature to become stabilized.
- \* 3. Place foods, cans or other suitable products in the center portion of the oven and let heat.

Features:           Adjustable steel baking rack  
Key Features:   Folds flat for space-saving storage  
Weight :           8.04 lbs  
Dimensions (L x W x H):       13.5 x 12.9 x 13.5 - only fits a 9x9 pan

Too small for most baking pans.

Too heavy to pack.

Not stable with single burners, needs large base like Coleman double burner.

## Propane Oven



### Coleman InstaStart Propane Oven

\* 6,000 BTU tube burner provides up to 500° baking temperatures; built-in temperature gauge allows for accurate campsite baking

\* InstaStart® piezo ignition works without matches

\* Wire rack has seven different positions to accommodate all of your baking needs

\* Viewing window lets you monitor the baking process without need of opening the door

\* Room enough inside for full-size 13" x 9" baking pans

\* Get up to 3.5 hours of operation on high with one 16.4-oz. propane cylinder

Measures: 12-1/2"H x 15-5/8"W x 23-1/4"D.

Weight: 20 lbs.

## Cardboard Oven



Just like the one you made in the boy scouts.

## Dutch Oven





## Solar Oven

