

January 2024

KISS - Keep It Simple

- * **Boil water fast** – Kelly Kettle, Hobo stove, Sterno stove.
- * **Fuel:** small amounts; multiple fuel types; lightweight
Examples: wood chips, fire starters, paper scraps, cardboard, green Sterno (small cans which burn 45 mins.)
- * **Foods:** Make meals based around getting sufficient liquids frequently and hot, if possible.
Just add water
 - **Hot drinks and soups** – instant soups, dried noodles, instant rice, couscous, Ramen Noodles, coffee, tea, hot chocolate, instant oatmeal, packaged Ready Rice, or packaged freeze-dried meals (these are expensive)
 - **Protein:** edible cold or hot – examples are canned tuna, packaged tuna/salmon (such as StarKist Smart Bowls), canned chicken, sardines, corned beef, peanut butter
 - **Veggies:** canned corn or carrots, baked beans, pickled beets or beans
 - **Fruit:** canned fruit with liquids, raisins, dried fruit
 - **Snacks:** crackers, granola or other protein bars, hard candy
 - **Extras:** olive oil, spices (cinnamon, salt, pepper, garlic, basil, hot pepper flakes), sugar
I add these to soups.

NOTES: This following could be how I might mix and match the above.

Breakfast:

- 1) coffee/hot chocolate, instant oatmeal with raisins
or
- 2) coffee/hot chocolate, granola bar, and ½ of canned mandarin oranges.

- Lunch:** 1) hot chocolate/tea, crackers, canned tuna or packaged tuna bowls
or
2) tea, instant soup, granola bar, and remaining ½ of mandarin oranges

Dinner:

- 1) hot chocolate/tea, chicken soup made with Ramen noodles, canned chicken, canned corn and fruit snack
or
- 2) hot chocolate/tea, instant soup, and warmed or grilled slices of corned beef with warmed baked beans, and fruit snack
or
- 3) hot-chocolate/tea with instant rice (or packaged Ready Rice) or couscous, with canned veggies and canned chicken added, and fruit snack