

## INSTRUCTIONS FOR BACKPACKING COOKMASTERS:

### Plan each meal on a Meal Planner Sheet (one per Meal!):

- List all the ingredients, cooking utensils, pots, pans, stoves, etc., that are needed.
- List all the steps to prepare the meal.
- Assign scouts in your patrol to the duty roster for each meal (cook, fire&water, K.P.)
- Once all the meals are fully planned, add up all the ingredients and prepare the **Shopping Planner Sheet**.
- Ask the Trek Leader what the Food Budget is for your patrol and note it. Remember that individual servings are much more expensive than buying for a group. There's also much less trash to carry out.

### At the Food Buy:

- ***Bring your Shopping Planner!***
- Check with the Quartermaster before buying to see what you may be able to use from the Troop Pantry.
- Get your Patrol Box from the Quartermaster and make sure all items he gives you are on the **Patrol Box List** he gives you. You are now responsible for ALL items in this patrol box and you must return it to him with all items in place.
- While shopping, carefully mark off each item from your Shopping Planner. Double check before going to the Checkout line!
- At the checkout line, ask for a subtotal of your patrol's food items. Write it down on the planner and check to see if you are on budget.

### After the Food Buy, at home:

- Divide the food and cooking equipment up into bags for each patrol member to carry.
  - Re-package food to reduce weight and trash.
  - Make sure instructions are included where needed.
  - Try to make each load roughly equal in weight.
  - Put each load into a grocery bag and mark it with each patrol member's name. Don't forget to assign stuff to the adults in your patrol
- Make out a **Carry List** showing everything you are giving to each patrol member. If you are making individual choice food packs (pudding cups, cocoa, etc.), there is no need to list these items.
- You generally won't use everything in your Patrol Box. On the Patrol Box List that came with it, also mark down who has been assigned what equipment so you can get it back after the trek.

### At the Trek Start:

- ***Pack your Menu Planners and Carry List and don't lose them!***
  - You will need these on the trek to assign jobs, prepare meals, and recover items from packs.
  - Pack a pencil to make notes on your menus to help you out next time.
- Hand out your bags to each patrol member and adult in your patrol:
  - Make sure they know you are their Cookmaster for this trek.
  - Tell them what meals they are carrying items for.
  - Tell them what equipment they are carrying and that they are responsible for returning this equipment back to you. Make sure they know it is their responsibility to keep track these items on the trek.

<sup>†</sup>Budgets can be modified by the Trek Leaders, but generally, \$2.00 per meal for backpack trips and \$2.25 per meal for car camps. Dinners will generally go over this amount, breakfasts and lunches will go under. Departure snacks should be \$1.00.

### **On the Trek:**

- With proper planning, everything should go like clockwork!
- It is a good idea to make sure equipment is returned to patrol members after meals so that they are reminded of their responsibility for it. You've got the Carry List, use it to remind members who have left stuff out and unattended.

### **After the Trek:**

- It is a good idea to collect equipment from your patrol before leaving the area since everyone is there, but you can also collect it later. Your **Carry List** tells you who is responsible for each item, use it as a checklist to get everything back.
- Once you have everything back, make sure it is all clean and re-pack your patrol box.
  - If items are missing: contact the person responsible for carrying that item. If you have difficulties, contact the SPL.
  - Note missing items on the Patrol Box List and who was responsible for those items.
- Return your patrol box to the Quartermaster as soon as possible. ***Don't put this off!***
  - Go over the Patrol Box List with the QM to make sure you both agree that everything is accounted for.
- Save all of your paperwork for your rank advancement sign-offs. Also make notes about what worked out well and what didn't on your menus. You can save lots of time next time you are cookmaster by recycling favorite meals, or make it even better!

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# T777 Meal Planner

*One per meal  
Bring on Trek*

**Patrol:** \_\_\_\_\_  
**Meal:** \_\_\_\_\_

**Budget<sup>†</sup>:** \$ \_\_\_\_\_  
**# to be served:** \_\_\_\_\_

**Cookmaster:** \_\_\_\_\_  
**For Day:** \_\_\_\_\_

Menu:
Duty Roster:
Cooks:
Cleanup:
Fire/Water:

Instructions:
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Ingredients:	Qty

Equipment and Staples Needed:	
Cooking:	Lg    Med    Sm
• Pots w/ lids	
• Fry pans	
• Griddle	
• # of Burners	1, 2, 3?: _____
• Dutch Oven	BBQ
Mixing/Serving Tools:	
• Lg. Spoon	Lg. Knife
• Lg. Fork	Spatula
• Tongs	Ladle
• Bowl(s)	Cutting Board
• Measuring cup & spoons	
Staples:	
• Oil	Butter
• Salt	Pepper/spice
• Sugar	Other:

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