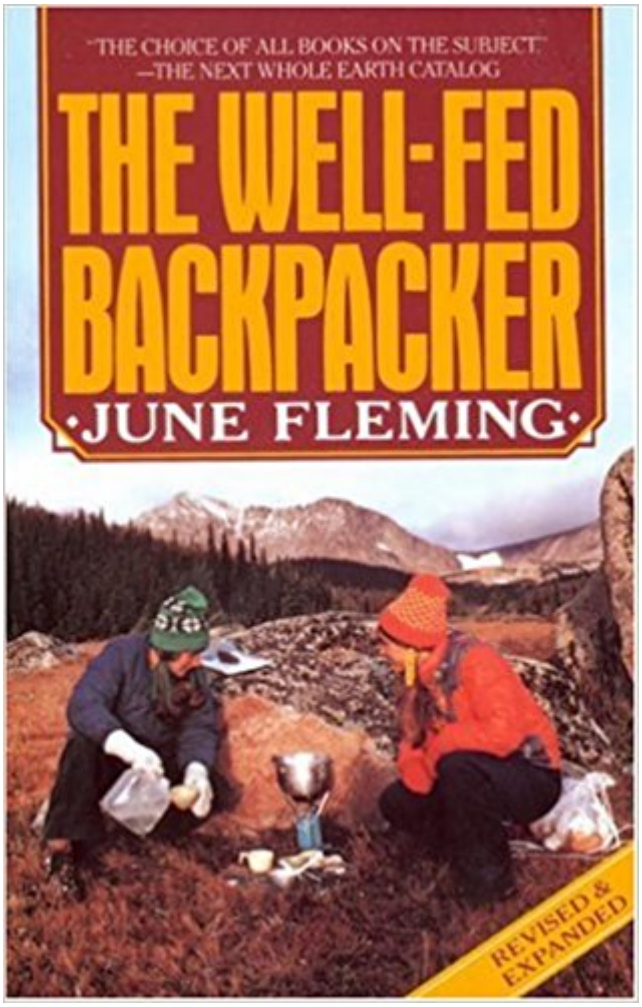
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# The Well-Fed Backpacker




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## Synopsis

A vastly expanded edition. Offers a long list of food sources, new material on drying techniques and many more winter meals to provide heat and sustenance on an icy hike. Haute hiking menus for spring, summer, fall, and winter.

## Book Information

Paperback: 192 pages
Publisher: Vintage; 3rd Revised & Expanded ed. edition (February 12, 1986)
Language: English
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Product Dimensions: 5.1 x 0.5 x 8 inches
Shipping Weight: 8 ounces (View shipping rates and policies)
Average Customer Review: 3.5 out of 5 stars 22 customer reviews
Best Sellers Rank: #884,377 in Books (See Top 100 in Books) #103 inÃ Â Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs #579 inÃ Â Books > Sports & Outdoors > Hiking & Camping > Camping #679 inÃ Â Books > Reference > Survival & Emergency Preparedness

## Customer Reviews

A vastly expanded edition. Offers a long list of food sources, new material on drying techniques and many more winter meals to provide heat and sustenance on an icy hike. Haute hiking menus for spring, summer, fall, and winter.

A vastly expanded edition--almost half again as long as the original--of an already acknowledged classic on outdoor cooking and eating. The new Well-Fed Backpacker offers a long list of food sources, new material on drying techniques and many more winter meals to provide heat and sustenance on an icy hike.

As a backcountry dietitian with a focus on improving thru hiker nutrition on trail this book was a great find! I thoroughly enjoyed reading every word and plan to utilize many of the tips shared when educating clients on healthy eating in the backcountry.

Love the book.Great information for planning and executing a wide variety of meals while on a

backpacking trip.Perfect to help out this Scoutmaster try some new tricks.Came recommended to me by some other Boy Scout instructors.Well worth it.

I've used a few recipes out of this book for years and they always work great! I lent the book to a friend, didn't get it back. I thought I would try to do without on my last trek, but I missed having it around to help guide and get the recipes right, so I ordered it again! Cascade Stewpot, Cheesy Baco Spuds, and Apple-Peach Crisp are staple of my backpacking menu! Quite delicious!

The book is a little dated but for the price is a good weapon in my packing arsenal. From this purchase I recived what my subject says: good quality, good shape, and good information.

I went over the backpacking cookbooks offered on  using the extremely useful viewable pages, and selected the three I thought were best. Of the three I purchased, the Well-Fed-Backpacker is notably more informative. It is in that class of books known as perennial favorites, first published in 1976 and still a very strong book today in its third edition. If you are buying one or three as I did, be sure to include this book.

This book has lots of great information on various methods of transporting and preparing camp food, including a section on dehydrating foods.

It still has merits as far as calories and amount of protein in a recipe. Was worth the look. Try it

The book has a few useful tips, but seems to be geared for camping. For long backcountry hikes, it just offers the usual granola, jerky, etc.

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