

Food and Cooking on Logan, Notes and Gear

Stoves: Two MSR stoves, an XKG for melting snow and a whisper light for cooking and for when we couldn't handle the noise of the XKG. The combination worked great. Don't forget lighters.

Fuel: Quarter liter/person/day. That was about right for a 4 person team. Probably need one third liter/person/day for a smaller team.

Pots: 5 liter pressure cooker, that I liked, but the rest of the team might have thought it a waste of space. Depends what you want to cook. Then we had another 4 liter pot. And scrub cloth and a small amount of dish soap.

A mug, bowl, thermos, water bottle, spoon, fork, and pocket knife.

We each brought our own breakfasts: oatmeal, musilix, ramen noodles, Sean's bean/rice mix, some bars, coffee, tea, hot chocolate, sugar, milk powder. Standard.

We each brought our own lunch: crackers, peanut butter, cheese, bagels, bison jerky, bars, trail mix, dried fruit, chocolate, drink mixes. Soups for rest days or weather days. Nutella freezes solid, peanut butter doesn't. I still think orange Tang rules over Gatoraid. Maybe Tang will sponsor my next climb.

We each made 5 group dinners and brought 5 freeze dried meals for our high camp. We had one vegetarian on our team, so the omnivores just added pepperoni, jerky or dried sausage to their own bowls. Almost always had soup or some other appetizer before dinner.

The food preparation was really simple and we ate well. I was very envious of the lamb curry that we saw Conrad Janzen cooking up for his clients back at base camp. And John Furno was hugely popular with our team when he brought us some redi-crisp bacon.

Plan to leave food and fuel and treats in a base camp stash. For various reasons beyond our control, our team didn't have a base camp cache, but we made a very good living raiding other peoples. With previous permission of course!