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Outward Bound Backcountry Cooking

Molly Absolon

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Outward Bound Backcountry Cooking is a handy resource on the fundamentals of great trail food, including information about food preparation and storage, cooking tips for different weather, keeping food fresh, and planning and packing meals plus recipes for great outdoor meals. In partnership with outdoor leader Outward Bound, this book combines expert instruction with practical tips to ensure a fun and a satisfying meal for your next outdoor adventure.

About Outward Bound: Outward Bound is the premier provider of experience-based outdoor leadership programs for teens, adults and professionals. Outward Bound is a non-profit educational organization and expedition school that serves people of all ages and backgrounds through active learning expeditions that inspire character development, self-discovery and service both in and out of the classroom. Outward Bound excels in curricula developed for struggling teens, groups with specific health, social or educational needs and business and professional organizations.

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