

## Chris Hanna

### Backcountry Cooking: Eating, Packing, and Loving It!



Preparing for backcountry travel is all about preparation for joyful eating, stress-free packing, and loving every minute! The art of preparation can put the practicality in cooking and eating by reducing bulk and weight, tasting better, and saving fuel, time and dollars. The presentation will provide less emphasis on recipes, but on key ingredients, multi-use equipment, the personal evolution of packing, and tips to use on your next trip. Emphasis will be on paddling trips, especially first-timers new to backcountry travel.

Using prose, poetry, and pictures providing a prep for cooking in the backcountry. It is all about eating, packing, and loving. Using the art of preparation can put the practicality in cooking and eating. Tips will be given to reduce bulk and weight, tasting better, and saving time and dollars as you prepare for your next trip. The presentation will provide less emphasis on recipes, but on key ingredients, multi-use equipment, the personal evolution of packing, and tips to use on your next trip.

Emphasis will be on paddling, especially first-timers new to backcountry travel. In my 8th QWS presentation new items will include the creative use of heat, Swedish invasion of equipment, spices with an impact, addressing diet restrictions, and cooking insights.

Chris has been a lifelong paddler taking family canoe trips on lakes and rivers. As the designated chief cook and bottle washer on family trips, packing food and cooking gear has become an evolution of sweat, luck, and art. He and his wife took their passion by working at canoe



outfitters on the Canadian Border for the past 8 summers. As well as a brief break for the pandemic, Chris is participating in his 8th symposia.