

# **YOUR KITCHEN ON THE GO**

**A SHORT GUIDE TO CAMPING STOVES**



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# Introduction

Life can be a bit dull without doing something adventurous. The passing of time can be mind-boggling if you don't have anything to color the moments with. Every once in a while, it pays to take the road less traveled and enjoy the scenic route.



When we suggest taking the less traveled road, we're pertaining to the literal meaning of it. The road that doesn't get touched by people in their everyday life. Venture into the woods and explore the unending beauty of nature.

The best way to do this is by going on a camping trip. If you have never gone on a camping trip, we hate to break it to you, but you're missing out on a lot of things. Camping brings with it the thrill of going to unexplored places: the adventure you don't get to take that often, some new learnings about nature, your body's capabilities, and yourself.

If you think you have what it takes but feel like you have little to no knowledge about camping, you've come to the right place! This handbook will be the first of thousands of steps you'll take on your next adventures.

# Chapter 1: Adventure Arsenal

A warrior doesn't ride into the battlefield without his sword. In much the same way, you should never go on camping trips without proper knowledge of the activity and the right equipment you should bring. Don't worry because we got you covered. Dig into this chapter, and you'll understand more about camping.

## Benefits of Camping

Why do people choose to leave the comfort of their home to be in an unfamiliar place without the privilege of basic amenities such as a bed, running water, and television screens? There must be something in camping that brings out the adventurous person in you. Well, here are the different benefits you can get from this activity:

### *1. Fresh Air*

There's not a better place in the world to inhale some fresh air than to be near those that produce it: the trees. The busy streets of the city and the bustling of cars from every corner pollute the air.

When you go camping, the air you inhale improves dramatically. This helps in boosting the serotonin in your body and makes you more energized than what you usually feel in the city.

### *2. De-stress*

When you go to a place where the city and your work seems so distant, you'll regret not having gone camping sooner. Stress affects your mental and physical health negatively, and when you spend some time away from your stressors, you regain the morale and enthusiasm you once lost.

### 3. *Exercise*

It goes without saying that camping is a good form of exercise. The hike going to your campsite and all the activities involved in camping burns hundreds of calories in a single hour. Sure, you can do that when you hit the gym, but I bet your gym doesn't have the benefit of reconnecting with nature as you exercise.

### 4. *Meditation*

The best way to reconnect is to disconnect. Finding yourself amidst all the internal struggles you're going through can be difficult, especially when you have all your devices bombarding you with what you should be.

Unplug everything and leave it at home because you won't need it. Camping is all about learning more about yourself through meditation.

## Ideal Places to Camp

When spending a night or consecutive nights camping, you must choose the best spot to set up your campsite. It will be your home for quite a few days so it must really feel like it.

Here are some things you must consider when choosing the best campsite:

### 1. *Ground Surface*

It's quite bothersome to wake up in the middle of the night to find yourself way away from your sleeping pad. This usually happens when the ground you set your tent up is uneven. Make sure to find a level surface to get a decent sleep.

### 2. *Safe from Falling Debris*

It's nice to choose a campsite wherein some trees shade you from the sunlight when you wake up in the morning. However, make sure that the trees above you do not have dead branches or ripe fruit, as it may fall on your campsite at any moment.

### *3. Safe from Environmental Risks*

It's pretty obvious that staying in the wild means sharing the place with various insects and animals that live there. An ideal place to set your campsite would be far away from mosquitoes, bees, or bears that may be lurking around.

### *4. Near but Not Beside a Water Source*

If you're not bringing your own water for all your basic needs, then you must set up your campsite near the source of water like a running river. Keep in mind that some insects and reptiles live near the water, so make sure you don't pitch your tent too near the water source.

## Vital Camping Equipment

There's more to camping than just setting up a campsite and spending a few days there. This activity actually takes days to weeks of planning to avoid inconvenience, accidents, and various health risks. When packing for a camping trip, make sure that you have all of the following in your checklist:

### *1. Sleeping Necessities*

Sleeping necessities include anything you will need for a decent sleep. From tents to sleeping pads, everything must be prepared. The tent you need to bring depends on how many people plan on sleeping inside since the sizes of tents vary. The same goes for sleeping pads.

### *2. Backpack*

Some camping types would have your basic amenities already provided. It's still for the best, though, if you bring a backpack where everything you will need is already inside. Clothes, first-aid kits, and maps are just some of those things.



### 3. *Light Source*

Chances are, when you go camping, the nearest source of artificial light would be miles away. That is why you need to bring your light source. It will get pretty dark during the night, and having a flashlight or lamp is essential.



### 4. *Hiking Attire*

The clothes you're wearing for a camping trip can dramatically improve how you perform during a hike. Thick clothes can easily make you feel hot; thus, burning more calories as you sweat. When this happens, you'll tire quickly.

Make sure to bring comfortable and light clothes. Your shoes must also be able to withstand long hikes and must feel comfortable even after hours of using it to avoid blisters.

### 5. *Camping Stove*

Although you can indeed bring camping food that can be prepared with just hot water, it's also true that you can make the entire campsite feel like your home by preparing meals you usually prepare when you're not camping. One of the best ways to do this is to bring a camping stove.



## Chapter 2: Your Cooking Companion

*“The world is your oyster”* takes on a whole new meaning when you bring a stove to your campsite. You can easily step up your camping game with just this simple equipment. Bring your kitchen anywhere and cook the delicious meals you have grown used to with a camping stove.

### What Is a Camping Stove?

There’s nothing better than to spend a night eating smoked or grilled food for dinner with your friends while at the campsite. The ordeal of having to sit around a bonfire cooking your food, though, can be a hot and sticky business, and by sticky, we mean the uneasy feeling you get when you’re sweating profusely, and your clothes are sticking to your skin.

That is what usually happens when you use an open fire to cook your food. More often than not, you get two different dishes in one meal because half of it would be well done while the other half would be cooked rare. You can easily dodge this bullet by using a camping stove instead.

A camping stove can save the day and keep you from the heat of an open fire, the taste of unevenly cooked food, and other unpleasant F words. A camping stove is a cooking device you can bring anywhere.

It’s portable, and it doesn’t have to be plugged on anything because it runs on its own source of fuel (just make sure you bring one!). The small size and lightness of it make it ideal for camping trips wherein you have to bring a lot of other stuff.

## Camping Stove vs. Regular Stove

Comparing a camping stove versus a regular stove is quite difficult because there are many types of stoves that you use at home. We'll try our best to put their characteristics side-by-side so that you can easily see their differences and similarities. You be the judge.

One of the many characteristics of a gas stove is it has a series of grates on top of the burners which can produce instant heat. Obviously, it runs on gas which you can adjust through a knob. The heat comes from the fire, and the visual appearance of the fire allows you to monitor how strong or weak the fire is to make your adjustments.



A camping stove works in almost the same way. It runs on gas and produces fire from the burners underneath the grate. It also has an adjustable knob to help you control the intensity of the fire. The difference is that instead of a huge gas canister, it uses a smaller one which is ideal for camping. It's almost as if bringing your kitchen to the campsite.

The great thing about camping stoves is that there are many options to choose from, and most of them can produce the same level of fire that you usually use at home. Although they don't last as long as your regular gas stove, it doesn't matter because you probably won't use up all of its fuel in a single camping trip.



# Different Types of Camping Stove

As we said, you have a lot of options to choose from when planning to use a camping stove. It's time to dig into the world of camping stoves and determine which one is the most ideal for your camping trips. Of course, the stove for you depends on what your needs are. Here are just some of the choices that might pique your interest:

## *1. Two-Burner Stove*

If you haven't seen or used a camping stove before, you might be surprised to find out that the classic two-burner stove has actually been around for decades. This type of stove is probably the most commonly used in camping trips because it greatly resembles the typical gas stove you have at home.

If you're camping with a group of ten or fewer, the two-burner stove can easily provide for your cooking needs. One advantage of it is that since it's so common, replacing broken parts is quite easy and you don't need to buy a new one altogether. That probably won't often happen because the two-burner stove is quite solid and is perfect for rugged use.

One downside of it though is that it's a bit heavy and bulky, which isn't ideal if you're going on a backpacking trip as it would take up too much space and make your load a lot heavier.

## *2. Ultralight Burner*

The ultralight burner lives up to its namesake because it's not that heavy and it's portable. The fuel canister at the bottom also functions as the base of this device.

On top of the fuel canister, three arms are used as support for your pan. These arms are collapsible to keep them from entangling with other items that you carry. The best thing about it is that it's only a few pounds in terms of weight.

### 3. *Charger Stove*

The rookie of the camp stove world, but can easily be labeled as the rookie of the decade. Considering how many millennials are digging the world of camping, the charger stove is slowly rising to the top. It consists of a small canister that you can insert pellets, twigs, or other flammable items to produce fire.

On top of that, it has a chamber on its side with USB outlets. You read that right. The charger stove converts heat energy into electricity that allows you to charge your mobile phones!



### 4. *Basecamp*

If you want to take your camp gaming a step further by feeding the entire crew, the basecamp has got you covered. The basecamp is a type of camp stove that can be assembled to provide you with multiple options for cooking. It usually comes with a two-burner stove which allows you to cook various dishes in one go, and also a boiler whenever you need hot water.

*The best thing about the basecamp?* It can be packed into a single bag which makes it so much easier to carry.



# Chapter 3: Using Your Stove Properly

A camping stove is a reliable tool and an excellent investment for camping trips, but you must take good care of it and use it properly. Otherwise, you might end up with a malfunctioning device or worse, a few burns. To keep you safe, we've prepared a few tips and tricks to help you understand this device better.

## What's a Camping Stove's Gas or Fuel?

The type of fuel used in the camping stove actually differs depending on what kind of stove you are using. We don't suggest using alternative fuel for a camping stove that uses only one type of fuel as this can be dangerous.

### *1. Gas*

One of the most common fuel types for camping stoves is gas. It's compressed inside a canister which you can attach to your burner. It's very light, which is great for camping trips. With its lightweight, it's usually used for camping stoves that are not too heavy as well.

There are a few downsides to using a gas canister fuel. If you tend to hike on higher altitudes or cold locations, it may be a bit difficult for a gas canister to ignite since the gas inside adapts to the temperature of your location. Also, its performance drops when the canister is almost empty. It's tricky figuring out how much fuel it has left so make sure you always bring an extra canister.

### *2. Liquid Fuel*

One alternative to gas fuel is liquid fuel. Instead of using pressurized gas, it utilizes liquid fuels such as kerosene. Since it's liquid, it doesn't get affected by high altitudes and cold weather. You can also gauge how much fuel you'll be needing and bring only the amount necessary.

One disadvantage of liquid fuels is that most stoves that use this kind of fuel need priming before you light it up. That means you need to gather some materials first before you can proceed with preparing your meal. The stoves that use liquid fuel are also often heavier as compared to gas-fueled stoves.

### *3. Twigs*

If you want to keep it simple and never run out of fuel, you can opt for using camping stoves that utilize twigs instead. The best thing about this is that twigs are almost everywhere when you go camping. Keep in mind, though, that some campsites have general guidelines when collecting twigs and disposing them of.

## Using Your Camping Stove Safely

Anything that involves fire is dangerous, and that includes camping stoves. If you don't use it properly, getting burns is a guarantee. What's worse is that inappropriate use of camping stoves can cause wildfires in no time. With that in mind, here are a few reminders to keep you and nature safe:

### *1. Always Have a First-Aid Kit Nearby*

We can't stress this more than enough. You always need to have a first-aid kit nearby when cooking. Accidents happen anytime and anywhere, and proper prevention is still the key to keep you safe.

### *2. Double-Check*

An unseen leak is the most common cause of accidents. Always double check your canister for leaks, and once you've placed it in the stove, double checked if it's appropriately placed.

### *3. Cook Outside*

There will be days when the unexpected happens, like when you're on the campsite and it suddenly starts to rain. Don't ever use your gas stove inside the tent as it is highly flammable. Postpone cooking if needed.



## *4. Remove the Canister*

Make sure to turn off the stove when you're done with cooking. For maximum safety, remove the canister from the stove when you're not using it.

## How to Care for Your Camping Stove

Your camping stove may take a beating when you go camping. Even though some of it is designed for rugged use, it's still wise to take the extra measure of maintaining it properly. Here's how you can do it:

### *1. Boil-Over*

Remove the burner rings from the stove and place it in warm water. Clean it with dish soap and rinse with clean water. It's important to note that some camping stove has screws to keep the burners in place, so make sure you have a screwdriver nearby.

### *2. Grease and Dirt Buildup*

Your stove will inevitably suffer from grease and dirt buildup. You can remove this manually with soft tissue, but if the buildup is too heavy, use a high-pressure hose instead. Make sure that you don't use heavy-duty cleaners to prevent damages on the metal.

### *3. Air-Dry*

Once you're done with it, let it sit under the sun for a couple of hours to air-dry. Camping stoves are made with metal, and metal rusts so make sure that there isn't any leftover water inside it to prevent rust buildup.

# Conclusion

There are many reasons why people go on camping trips. We understand that there are times when you just want to stay in the comfort of your home, but it's always a positive thing when we get out of our comfort zone.

Escape the typical and leave your couch for a weekend outdoors. There's something about camping that no other physical activity can offer. It's not just a bodily experience, but an excellent tool for mental therapy as well.



Just make sure that you always bring a piece of home with you, and what better way there is to truly feel like home outdoors than to prepare the best meals you can have. The best companion for this is the camping stove.

Make sure you always check this handbook for all your camping stove needs. If we left a few things unanswered here, forgive us, but we just want to make sure you have a sufficient amount of time for camping itself.

Don't worry, though, because our [website](#) will always be here for you. You can visit us for all your inquiries, and we'll be sure to have the answers to your questions. For now, leave the couch, start packing for your next camping adventure, and make sure to bring your kitchen-on-the-go!