

chapter 1

before you go



As the old saying goes: getting ready is half the fun. Here are a few ideas, along with a couple of tips on planning and preparing for your bush cooking adventures.

planning and packing

Planning and packing for any trip is largely an individual matter, with the amount of time spent on preparation and packing being dependent on the length of your holiday, the areas where you will be travelling to and the amount of space available for packing. Caravanners and long-term travellers, for example, will have different requirements to weekend campers.

Start by looking at your trip itinerary and then making a menu prior to leaving. This way you can work out what needs to be purchased before heading off and when and where you can restock your supplies. Also, when you have a menu planned it is a simple matter of collecting the ingredients for the night's dinner and packing them in an easy to reach position that morning, saving you time that night.

Along with the basic items that make up the bulk of the recipes in this book, there are now many items on the supermarket shelf that can be included in your tuckerbox and utilised along with your recipes. Items such as packet pasta, rice mixes and instant meals are useful additions to your pantry, as well as



bread mixes that come with their own yeast sachet. These are ideal to make up in the morning - you can leave them to rise during the day in a covered container whilst travelling and bake them at camp that night.

When packing ensure that you evenly distribute weight so all boxes are easy to lift and carry. We use sturdy plastic containers to store our food in - a wander around a hardware or large department store will reveal a range of containers that will suit your needs. You can also use heavy duty cardboard boxes for packing supplies, these are readily available and usually for free. Cardboard boxes with a lid that fits over the box, such as those used for apples and bananas seem to last the longest. One advantage of cardboard boxes over plastic is that they are easily disposed of when they are emptied, freeing up additional room in your vehicle.