

Portable Home exercises

- 1) Carry a pack uphill with weights to simulate a full pack
 - a. 10 lb weight
 - b. 20
 - c. 30
 - d. 40

- 2) Weigh a package of food before and after discarding extraneous packaging, or after re-packaging the food into plastic bags.

- 3) Create, discuss and revise list of equipment.
 - a. separate into personal and group gear
 - b. discuss what should not be group only in case of mishap
 - c. discuss comfort level / dependency as to who carries what gear

- 4) Discuss food / nutrition requirements on a trip
 - a. how much food / fuel
 - b. unbalanced diet for a few days
 - c. minimize number of dishes
 - d. minimize weight / bulk
 - e. fresh foods for the first few days
 - f. frozen food for the first day(s)
 - g. supermarket food.

- 5) Menu planning
 - a. design menu
 - b. minimize dishes
 - c. creative mixes
 - d. supermarket foods
 - e. ingredients and portion chart

- 6) Sanitation
 - a. latrine sanitation
 - b. hand washing / purelle
 - c. TP disposal

- 7) Food sanitation
 - a. food preparation
 - b. food service (no touch)
 - c. washing dishes
 - d. garbage disposal