

A Fork in the Trail

by Laurie Ann March © 2008

“At Camp” Instructions - Beverages

To make it easy for you to take along the “at camp” instructions with your backcountry meals from *A Fork in the Trail* I have created these files for you to print out.

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Thank you,

Laurie Ann March

Mayan Hot Chocolate

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Raspberry Hot Chocolate

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 5 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Toffee Coffee Hot Chocolate

At Camp

Remove the marshmallows and the toffee from the bag. Break the toffee into pieces. Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving. Top each cup with $\frac{1}{4}$ of the marshmallows and $\frac{1}{4}$ of the toffee pieces.

Chocolate Mint Hot Chocolate

At Camp

Place 4 tablespoons, or 1 serving, of hot cocoa mix and an unwrapped peppermint patty in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Kermode Bear Hot Chocolate

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 3 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Peanut Butter Cup in a Cup

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix and 1 teaspoon of peanut butter in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Hazelnut Mocha

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Malted Mocha

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Buttered Rum Mocha

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Add ½ teaspoon butter to each cup, and stir until the butter has melted. Repeat for each desired serving.

Caramel au Lait

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix and an unwrapped caramel in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Hot Butterscotch

At Camp

Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve, and top with the contents of one of the marshmallow bundles. Repeat for each desired serving.

Chocolate Almond Coffee

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Harvest Hot Chocolate

At Camp

Shake the bag of dry ingredients to ensure they are well combined. Place 4 tablespoons of mix in a cup and carefully fill it with 8 ounces of boiling water. Stir until the ingredients dissolve. Repeat for each desired serving.

Caramel Apple Chai

At Camp

Unwrap the caramels and put them in a pot with 2½ cups water, the tea bag, and the powdered milk. Bring to a simmer over medium-low heat, stirring often so that the milk does not stick. Simmer for 3 to 5 minutes or until the tea is the strength you desire and the caramels have melted.

Remove the cheesecloth bag and divide the tea between 2 camp cups. Sweeten to taste.

Backpacker's Power Breakfast

At Camp

For each serving mix 5 tablespoons breakfast powder, 1 teaspoon honey, and 1 cup of cool or air temperature water in a leakproof bottle. Shake vigorously until the protein powder is dissolved.

Infused Cider

At Camp

Put the cider mixture and 8 ounces of water for each pouch of cider in a Nalgene bottle. Close the lid and let the bottle sit in the sun for at least 30 minutes. If it isn't sunny the day that you're making it, use hot water and let the mixture infuse until it cools to air temperature.

Strawberry Lemonade

At Camp

Shake the package of dry ingredients to ensure they are well combined. Measure 1 serving of powder into a cup or water bottle. Add 8 to 10 ounces of water, depending on how strong you like your lemonade. Stir or shake and let sit for a few minutes.

Wilderness Sun Tea

At Camp

Place the tea bags, zest bag, and 32 ounces of water in a Nalgene bottle. Close the lid and let the bottle sit in the sun for at least 30 minutes. Sweeten as desired.

Tip

If the tea is too strong, simply add a little more water.

Trail Sangria

At Camp

Early on the day you plan to have the sangria, slice the orange and add it, peel and all, to the wine or juice made from crystals. Add the freeze-dried berries as well, and close the lid tightly. Let the fruit soak in the wine all day. After you have set up camp for the night, use cheesecloth to strain the sangria into camp mugs.

Over 21 Blueberry Tea

At Camp

Put 1 tea bag or equivalent loose tea in each camp cup. Boil enough water for both cups of tea. When the water reaches a rolling boil, fill each cup with water, leaving enough room for 2 ounces of liqueur in each cup. Let the tea steep for a minute or so and remove the tea bag or leaves. Shake the bottle of liqueur and divide it between the 2 cups. Sweeten with sugar to taste.