

# SOUTH: Living Outside

## The “Cat in Heat” Stove Kit The Compass Rose Curriculum

1



Begin by laying out the contents of the stove kit.

### Smart, safe and simple “distributed cooking” in the backcountry.

Sharing cookware, utensils, water bottles, and communal food is by far the most common cause of illness during or following group hikes. The solution is obvious: don’t share such items. Distributed cooking, using the individual “Cat in Heat” stove kits, helps eliminate foodborne pathogen transmission, imparts a new skill, and makes participants more independent. (Note: Hygiene, hydration and nutrition are further addressed in another Compass Rose module.)

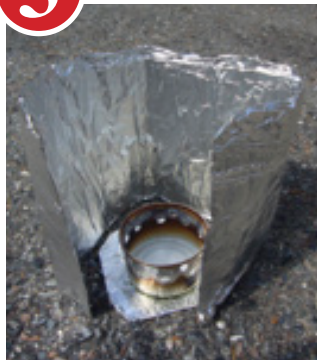
Commercial backpacking stoves are costly (\$50-\$100), relatively heavy, and use either gasoline (hazardous) or propane cartridges (expensive and non-recyclable). Our Cat in Heat stoves are practically free, and the entire stove kit can be made in fifteen minutes. All you need is a cat food can, a paper punch, aluminum foil, a cork, a woodscrew, and a piece of thread. The fuel, denatured alcohol (methanol) doesn’t flare up, burns gently, and a little goes a long way.

2



You’ll notice a thread hanging from the stove bag’s zipper. It’s a telltale. If you’re not sure of the wind direction, use it to find out.

3



After determining the wind direction, shape the windscreen around the aluminum cup. Position the opening of the windscreen on the leeward (away from the wind) side. If there’s a significant wind, you’ll need to set up your stove behind a tree, rock or rise. Now place the small foil square on a flat piece on ground, inside the windscreen. Set the stove on it.

4



Pour your fuel (HEET or commercial alcohol-stove fuel) into the stove. Don’t fill above the lowermost holes.

#### Do:

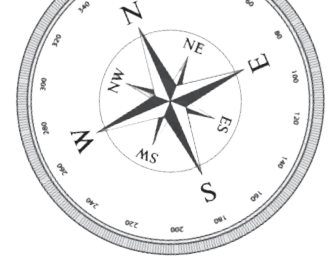
- Get everything set up before you light the stove.
- Allow the stove to burn itself out.
- Put any waste (food scraps, burnt match sticks, etc) into your ziploc trash bag. PACK IT OUT!

#### Do Not:

- Do not pour our fuel into a burning stove!
- Reach over the stove or get any article of clothing, including the sleeves of your jacket, near the open flame.

# SOUTH: Living Outside

## The “Cat in Heat” Alcohol Stove Kit

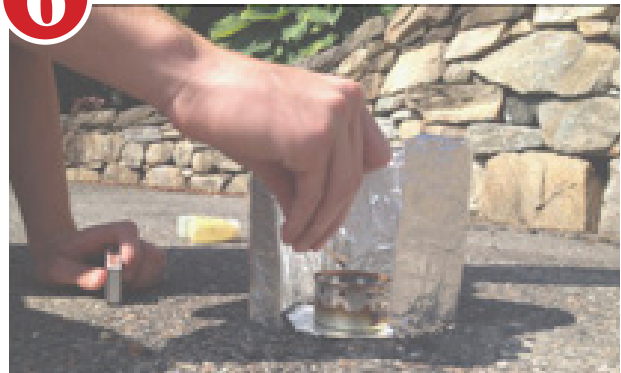


5



Pour the required amount of water into the cup, and set the lid on the cup.

6



Touch a lit match to the fuel. Wait few seconds, and carefully set the cup directly on the stove. Your water should be hot enough to reconstitute your dehydrated meal, oatmeal, or cocoa within ten minutes.

When the water comes to a simmer, carefully remove the post from the stove using the handle. **The handle of the post may be hot. If so, improvise a potholder. (You can use the cravat in your field kit.)**



7



Wait until the water begins to boil, and carefully remove the pot from the stove using the handle and a pot holder.

8



Very carefully pour the hot water into your dehydrated meal bag and wait for 10-15 minutes. Eat from the bag or line your cup with a ziplock bag before putting food into it. Bon appetite!

### Training Standard

Skill	Initial	Date
Demonstrate judgment in stove location		
Demonstrate a healthy respect for flammable liquids and open flames		
Successfully set up the stove and boil a cup of water		
Successfully pack up stove kit and put trash in Ziploc bag		

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 Trainee's printed name

\_\_\_\_\_  
 \_\_\_\_\_  
 Instructor's name

*This training is valid for one year*