

## Choosing a cooking method

The method that you choose to cook whilst on camp will be decided by a number of factors. In the majority of cases the type of camp defines the cooking method, which in turn decides your menu. However, if it is not a 'clear choice', below is a comparison between the most popular types of cooking method, which may help you decide.

FACTOR	WOOD	GAS	CAMP OVEN	TRANGIA
Normal use	Traditional method of cooking used on Scout camps. However, may be restricted by your chosen camp site.	Alternative to wood - may be chosen for traditional camps for ease, or for activity camps or similar where time is limited. Often taken as a 'standby' in case of bad weather.	As an addition to a wood fire	Lightweight camping or other type of camp where you are 'on the move'.
Ease of use	Can be difficult to get going especially if damp. May be time consuming	Very simple and quick to prepare. Instant heat, adjustable.	Can be time consuming to build. Has two heat settings, 'hot' and 'cold'.	Simple but some training may be needed.
Time to get ready for cooking from scratch	With wood preparation etc can take over an hour to get ready.	Instant	Preparation as wood fire, plus several hours to construct.	Very quick to assemble, takes around 5 minutes to get up to heat.
Portability	None	Small ones available for hiking purposes.	None	Designed specifically camps on the move.
Fuel	Normally available fairly widespread	Fuel refills easily available but must be carried.	Wood	Methylated spirit - refills easily available but must be carried.
Training	Fire lighting training, plus saw and axe safety.	Little training required except for Safety with Gas.	A rarely used skill these days - training advised. Good fun though!	Potentially dangerous - safety training advised
Safety	This type of fire may be restricted by the site owner.	Fairly safe although there is a risk when changing gas bottles.	Apart from the wood fire aspect, fairly safe.	Being a liquid fuel it can be dangerous, vapour can be dangerous.
Variety of meals available	Anything that can be cooked in saucepans can be cooked on wood.	Anything that can be cooked in saucepans can be cooked on gas.	Roasting and Baking also available. Can also be used for keeping things warm	Availability and portions restricted due to their small size, however most 'saucepan' meals available, as well as specially designed 'hiking' lightweight food.