

Snowshoe breakfast family outing

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Post Correspondent

Turn back the clock a hundred years and take the family for a breakfast on snowshoes.

With the snow level the way it is, the opportunity exists to rekindle the spirit that accompanied outings that were common years ago.

All the family needs are snowshoes, a sled, dry wood, breakfast food and cooking utensils.

It may be best to make the excursion a two-day outing, giving it the aura of an extended holiday.

With proper planning, clothing and the spirit for adventure, the outing is sure to become a favorite among both children and adults.

The preparations should begin the afternoon prior to the breakfast. First one should decide where to hold the outing, weighing the advantages and disadvantages of each location.

If the site happens to be on park land, be sure to consider the rules and restrictions that would go with its use. Contact the government office with jurisdiction if questions exist.

Next, select the proper site for the breakfast. Before picking a site too far from the road, remember that wood and food will have to be packed in.

Also, consider that walking in snowshoes is more difficult. It could seem as though you're walking twice the distance.

The site should be safe, away from areas with a potential for avalanches, and where streams will not have to be crossed. Also watch for steep hills, or cliffs that need to be skirted.

Once a site is selected, equip it with some comforts. For example, logs may be moved for seating and to serve as tables.

To avoid the traditional "wet-bottom syndrome," the logs should be covered with plastic.

The plastic should be weighed down, and carried out when the excursion is over.

The fire pit should be constructed using a combination of common sense and ingenuity. Remove the snow with a shovel, stick or board, clearing an area about three-by-three-foot. Rocks should surround the area to identify it as the fire ring.

All fuel should be concentrated in this area. The wood can be hauled in best, probably, on a sled. The wood should be stored beneath a tree. To protect against moisture, clear an area of snow, stack the wood, and then cover it with a tarp or plastic.

When pulling the sled, all the participants can share a hand in the burden. If the rope is long enough, that is

This will especially help when going up hills or across rough terrain.

One may want to build a fire the night before the breakfast, and perhaps eat dinner at the site. At night, in the woods with a camp fire going, is a good time for the family storyteller to do his thing.

One may want to make oatmeal or cornmeal mush, boiling water and then adding the oatmeal or cornmeal. Once the mush is cooked, it can be sliced or patted into cakes, covered, and set aside to be fried for breakfast.

Before heading back, all food should be cached, to protect it against the weather, birds and other wildlife.

The food should be placed in a plastic sack, which is hoisted up to a branch and suspended on a rope. The rope should be tied off so the food is a minimum of eight or nine feet off the

ground. In the past a kerosene lamp would light the way back home. A flashlight may be the alternative used today.

Early the next morning the family should snowshoe back to the camp to reap the rewards of the night before.

Rekindle the fire and prepare the desired meal.

When the meal is over and the participants are ready to leave, the fire should be properly extinguished and the camp cleaned up.

Pack the cooking utensils and the garbage on the sled and haul it home, leaving the site as it was found.

With the proper planning, the outing will be enjoyable, and may start a tradition in the family.

In the past it did much to spark the memories the old-timers now cherish. Keep this almost-forgotten winter tradition alive.



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