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*September 2012 field hike pics plus a review of a great little backpack stove*



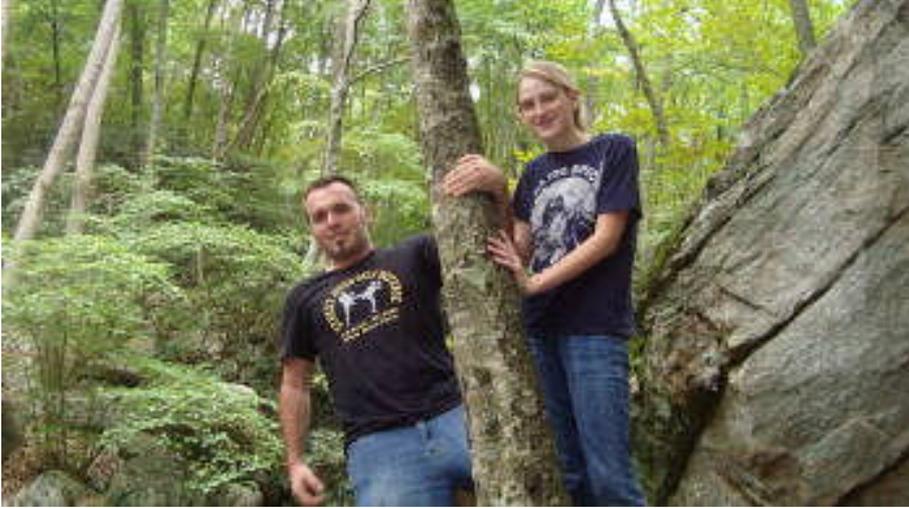
Above: Our self defense Tshirt modeled by Melissa a purple/black belt. Email me about ordering one. –KL



Hiking in the Jefferson National Forest (Cascades water fall, Pembroke Va)



Another class friendly competition – fire starting from a flint spark.



Holding on to a rock cliff tree. (Don't slip!)



Derik and Ken taking a higher view of a trail.



75 foot high waterfall at the end of a 2 mile uphill climb



Ready for zipline training next summer? (Faster than walking)



“Balance practice” over a creek gorge. Another team member is already across and waiting between the trees.

***A review of the “Sierra Stove” -- by Kenneth W. Lent***



This is a compact backpack stove that really gets the job done. The “Sierra Stove” costs \$57.00 and can be purchased Online here > <http://www.zzstove.com/sierra.html>

The stove is made of aluminum but don’t worry about ingesting any trace as your frying pan or pot of choice goes ontop of the stove for cooking. You do not cook in the stove. It measures only 4” high and 5” in diameter for packing because the base stand quickly detaches and fits inside the stove top.

The small box (with wire) to the right houses one AA battery which drives a mini blower under the stove that super heats the fire to 1800 BTU’s if needed for high heat. I only use the blower intermittently. Weight is a scant 1 pound. The manufacturer sells several attachments for this stove but they are by no

means needed. (I don't have any of them) They also sell a smaller titanium stove that is lighter but the cost is double.

The fuel is anything from sticks, pine cones, bark, charcoal, to pre-made solid fuel. This means that your fuel supply is virtually endless which is the primary reason I bought this thing! The high tech "butterfly" gas backpack stoves are neater and are "instant light" but for any long term survival situation, those fuel tanks do run out. The same goes for the liquid white gas stoves. (plus you don't have to be carrying gasoline around in your backpack.) I have already been on a winter campout where some folks had a mini propane survival stove where at 10 degrees the fuel line became blocked from frozen condensation and failed to work. I was cooking away with this little gem at every mealtime.



Above we see the stove being "fueled up" with a few small sticks and it's ready to go.



A pan or water pot goes right on top in only a few minutes, and you are cooking away.

Pluses: Small, light weight. No need to carry fuel. The fan enhancement gets that cooking temperature plenty high enough to grill stakes if needed. Soups, and other quick-prepare meals are done even faster. The fan uses little battery power so you'll get 6 hours continual use from one AA battery (which you will probably not want running straight through your cooking) Just pack a few extra batteries with you.

Drawbacks: Your pan bottom will get soot on it since we are using a small contained wood fire for the cooking heat. Carry a rag to wipe it clean for repacking.

Suggestion: For a long term survival situation I purchased a 2" x 3" backpack solar charger the size of a small cell phone. That plus a few NiCad rechargeable batteries and you are good for several years on the trail with the setup. The manufacturer does not sell a solar charger. They do sell a fan replacement for \$7.50. It doesn't seem like the fan will fail other than by extreme usage, but a backup on hand is a good idea. All in all this is a great piece of equipment to have in your backpack. I rate this stove as an "A".