

FOOD & TRANGIA STOVE QUIZ

No	Question	Answer
1	What Fuels can a Trangia Stove use? A. Diesel B. Twigs C. Gas D. Meths Spirit	(x2 answers)
2	Where do you use your Trangia Stove? A. Inside your tent B. Away from flammables, min 3m from Tent C. Next to bushes	
3	How do you handle the lid and pots while cooking? A. Using a glove B. With the handle C. Use your hand	
4	How would you refuel the Trangia burner? (Meths only) A. When the burner is burnt out and cool B. Using a spare burner C. Fuel running low D. Immediately after lighting the burner	(x2 answers)
5	How should you light Gas stoves? (Gas only) A. Turn on the gas, let it run and light it B. One person turns on and the other carefully lights with a match, ideally with windshield off. C. Under your tent porch if windy and rainy.	
6	What would be a good Expedition Breakfast? A. Tinned Food B. Porridge C. Pot Noodle	
7	What type of foods should you avoid? A. Raw meat B. Jars of food C. Dehydrated Foods	(x2 answers)
8	What is the recommended Calorie intake per day on Expedition? A. 3000-5000 B. 1000-2000 C. 7000-9000	
9	How many litres of water should you be able to carry each day? A. 5 B. 3 C. 2	
10	Name 2 of the 'Principles' of Food Planning? A. Weight, B. Durability C. Waterproof	(x2 answers)