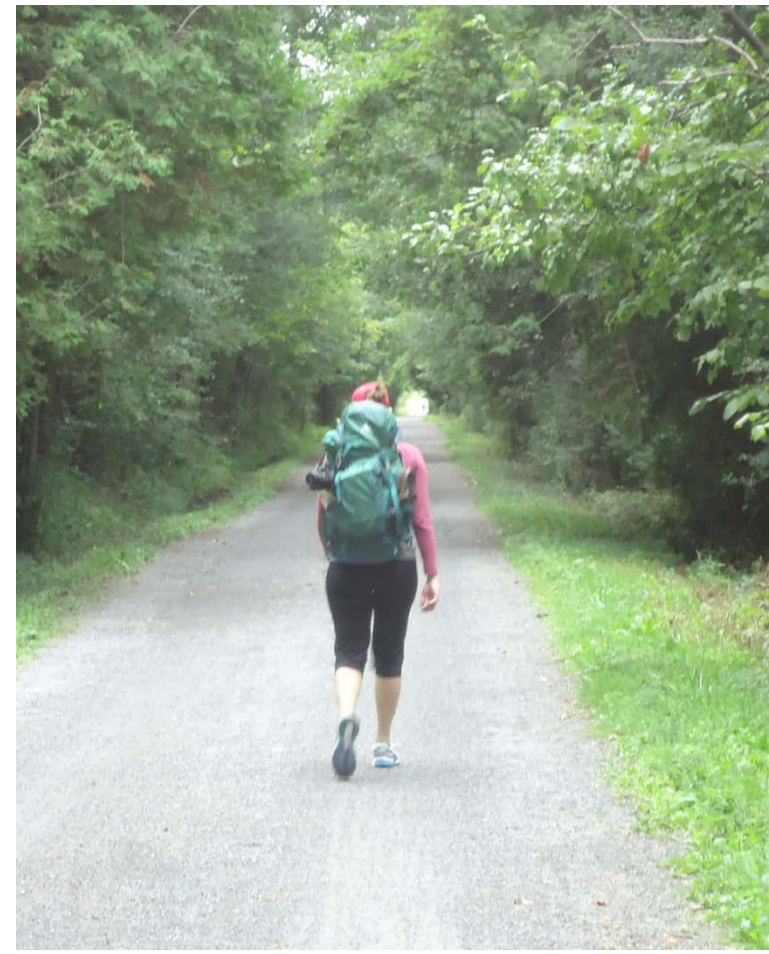


How to Make a Meal for a Long Hiking Trip



Ingredients



Don't forget the olive oil!



Vegetables on the dehydrator



The dehydrator



The dried vegetables



Packaging the ingredients



The cooking stove



Eating a meal on a hiking trip

