

BACKCOUNTRY OPERATIONS CHECKLIST
(Full field kitchen/Potentially hazardous foods)
(River and Pack Trips)

Potable Water

- Water used for drinking or culinary purposes is obtained from an approved public system or treated by being either:
 - Boiled by bringing to a rolling boil for 1 minute (add 1 minute for each 1000 feet above sea level).
 - Filtered through an absolute 1 micron filter and then adding 8 drops of bleach or 20 drops of tincture of iodine per gallon of filtered water and letting it stand for 30 minutes.

Waster Disposal

- All human, food, and solid wastes are transported offsite and disposed of in an approved facility or when applicable, disposed in a manner consistent with NPS-Public Health policy.

Hand Washing

- Food handlers wash their hands: before handling food, after handling raw meat, after eating/drinking/smoking, and any time their hands become contaminated.
- Guests are instructed to wash their hands after using the toilet facilities and before eating.
- Hand washing station with soap and paper towels is set up close to the food preparation area.
- Hand washing water is either potable or treated with 100 ppm chlorine bleach or other approved disinfectant and allowed to stand for 30 minutes.
- If sufficient water is not available, the 62% alcohol hand washing product is acceptable.

Food Handlers

- At least one guide is a certified food handler.
- Any food handler who is ill or who has an open unprotected cut or sore is not allowed to prepare food.
- Food handlers are not allowed to “snack” while preparing food.

Food Storage

- Potentially hazardous foods are stored at or below 45°F.
- Raw meats are stored so that they will not contaminate other foods. (Store in separate coolers or in leak proof containers at the bottom of other food coolers.)
- Have approved thermometers available and use to check cooler temperatures.
- Food items are stored in such a manner as to prevent contamination.

Food Preparation

- All foods are obtained from an approved source.
- Potentially hazardous foods are not held in the danger zone (45°-140°F) for more than 4 hours.
- Potentially hazardous foods are not held for re-service.
- Frozen potentially hazardous foods are not thawed at ambient temperature (thaw in a cooler.)
- Raw fruits and vegetables are washed.
- Animal foods are cooked thoroughly;
 - 165°F for poultry, stuffed fish or meat stuffings
 - 155°F for pork, hamburger or eggs
 - 145°F for all other meat or fish
- Raw eggs are not pooled unless they are cooked promptly after pooling.
- Approved thermometers are available and used for measuring food temperatures during cooking and holding.

Sanitizing

- Cutting boards, knives, etc. used for preparing raw meats, poultry and fish are thoroughly sanitized before being used for the preparation of other foods.
- Dishes, utensils, etc. are sanitized in a minimum three-compartment arrangement;
 - Wash container contains detergent and clean hot water
 - Rinse container contains clean hot water
 - Sanitizing container contains at least 50-100 ppm chlorine in warm water.
 - Dishes or utensils are air dried.
- Appropriate test strips are available to check the sanitizer concentrations.
- Food contact surfaces and appropriate nonfood contact surfaces are properly sanitized before use or reuse.
- Wiping towels are stored in 100 ppm chlorine solution or other approved sanitizer. Sponges are not to be used in food preparation area use.

IMPORTANT: In the event that anyone becomes ill on your trip, please fill out an illness report form and return to:

Jim Nothnagel
823 N. San Francisco St.
Flagstaff, AZ 86001
Phone: (928) 226-0168; FAX (928) 226-0170

Also, please notify Jim Nothnagel of any situations or concerns of Public Health you may encounter or observe while on the river.