

# The Great Olivier Newsletter

*Vol 4:  
Upcoming Conerts | Olivier's Top 3ish | Shepherd's pie*

*Welcome to the fourth edition of this newsletter! After an incredibly busy summer of guiding, I finally have some time to continue with my newsletter project. This month's theme is a 2022 summer review with my top 3'ish list of must have items when I go hiking and a recipe for my favourite meal of the season. There's also some concert news for an exciting upcoming show with my Dad.*

*If you want to read more about my summer and see some pictures from my trips, check out my recent blog post "[Confessions of a Tired Hiking Guide](#)".*

## Concert News - September 18th in Victoria BC



I'll be joining my Dad Gord Clements for a concert Sunday, September 18th at Hermann's Jazz Club in Victoria. We'll be teaming up with heavy hitters Dave Emery on drums, Rob Cheramy on guitar, and Louis Rudner on bass for an evening featuring brand new music and songs from our 2019 album Passages.

You can get tickets at [Hermannsjazz.com](http://Hermannsjazz.com) or at the door and if you're out of town you can watch the livestream online.

**>> [Find out more and get links to tickets and the livestream here.](#) <<**

## Olivier's Top 3'ish

Everyone knows (or should know) the hiking gear basics. Rain gear, first aid, communication, etc.. It's important stuff but it's not the equipment I most rely on. I spend a lot of time outside and as a guide I need to be efficient, comfortable and able to recharge my brain and body after a long day of work. Over the years I have found a few items that are either extremely versatile or important creature comforts to get me through a hard trip. Here's my top 3'ish items that I bring on any adventure.



## **Camp Pillow**

Ugh, the rough'ing-it-no-pillow sleep, the bane of my camping bedtime. I used to roll up my jacket, but then it was lumpy and if I got cold I'd put my jacket on and lose my pillow.

If I don't get the semblance of a decent night's sleep, I'm screwed. There's nothing that can ruin a trip quicker than fatigue. A good camp pillow weighs nothing, packs tiny, and is SOOOOO comfortable. I use one of the Sea to Summit pillows, but there's lots of great options out there.

*Recommendation Score: 10/10*

## **Pot Scraper**

My GSI pot scraper... I could write endless poems about you. For years I thought it was a stupid marketing gimmick but oh my lord was I wrong. I can eat, scrape the dishes of all the food bits (eating them of course), and finish all the cleaning without having to get up or use water or soap. Seriously, I would backtrack days to get a forgotten GSI pot scraper.

Here's a haiku:

*Oh my pot scraper / You bring joy to the dishes  
/ I can't live without*



## **Butt Pads**

The mighty butt pad. Essentially any piece of closed cell foam that's big enough to cover your butt. Summer, winter, in camp, on a hike, rain or shine, I love my butt pad. I'm sure you think you're tough and that your butt needs no padding but(t) trust me, you'll never go back after you've tried one.

When you sit on the ground, you lose a ton of heat through conduction. While this small piece of foam adds some comfort, more than anything it gives you a ton of warmth and ground insulation. You can buy fancy ones at MEC, but a 5\$ blue matt at Canadian Tire cut to size does just as well.



*Recommendation score: 12/10*

## Pee Bottle

Nothing breaks a good sleep faster than a full bladder. A pee bottle solves all that anxiety about having to leave the comfort of the tent to go relieve yourself. It's cold and rainy? No big deal. There's insane bugs trying to get inside your tent? No problem.

Pee bottles are awesome and there's lots of ways to make them work for ding dongs and lady bits. Just make sure you ask your tent mate if they're ok with it.

I recommend a flexible wide mouth Nalgene bottle.



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*Recommendation score: 8.5/10*



## Ski Straps

These things are SO VERSATILE!!! Seriously, you can do anything, fix whatever, and jerry-rig any piece of broken gear with a couple of ski straps. I always make sure my group has four straps on any trip. Here's another haiku:

*Ski straps are the best / They can do everything / Give me more ski straps.*

*Recommendation score: >9000/10*

## Hand Cream

My last piece of essential gear is a small tube of hand cream. Nothing's worse than having cracked finger tips while struggling with your pack buckles or trying to set up your tent. Your hands are your most important tool and you have to take care of them. A little bit of hand cream before going to bed goes a long way towards staying comfortable.

If you're doing any multi-day water sports (kayaking or canoeing), this is an absolute must. The water will really mess up your hands and without hand moisturizer you're in for a bad time.



*Recommendation Score: 8-14/10*



## Lentil Shepherd's Pie

*This wonderful recipe developed by Emma brings some great variety to any backpacking menu. I had this meal a week ago while exploring the Kusawa Plateau and man o' man was it ever good!*

*You'll need a dehydrator for this one and two cooking pots when out camping.*

### **Ingredients for sauce:**

- 2 tsp of dried parsley
- 1 tsp of dried rosemary
- 1 tsp of dried thyme
- 1/2 tsp of salt
- 1/2 tsp of ground black pepper
- 1 TBSP of Worcestershire sauce
- 2 Garlic cloves, minced
- 1 TBSP of cornstarch
- 2 TBSP of tomato paste
- 1 tsp of bouillon powder or 1 cube of bouillon
- 1 TBSP of brown sugar

Mix everything together then spread thinly on a dehydrator tray lined with parchment paper. Dehydrate for 10-16 hours or until the sauce has turned into a brittle leather.

### **Other Ingredients:**

- 1x can of lentils (rinse and drain)
- Frozen mixed vegetables (an equal amount to the lentils)
- Instant mashed potatoes
- Butter (a couple tablespoons)
- 1 TBSP of milk powder per portion
- Pinch of salt

Place rinsed lentils and frozen mixed vegetables on separate trays and dehydrate for 8-12 hours.

**Prep:**

When preparing this meal for a trip, package the lentils, mixed vegetables and sauce leather together and the instant potatoes separately. Emma and I are healthy eaters and we'll pack about 150g per person for this meal. I recommend one ziplock bag with about 90g/person of lentil/mixed vegetables/sauce leather and another ziplock with 60g/person of instant mashed potato mix.

Store any leftover lentil/frozen vegetables/sauce leather in a sealed container in the freezer. It can keep for a year.

Finally, add the milk powder, salt and a couple heaping tablespoons of butter to your instant potato ziplock :-).

**Cooking:**

1) Empty the lentil/vegetable/sauce leather into a pot and add enough water to cover the mixture. Be generous with the water and add more than you think.

2) Bring to a boil, reduce heat and let simmer. Continually stir and prod the sauce leather to help break it down.

3) Once things are rehydrated and the sauce is all mixed in, take off the stove and set aside. In another pot, bring about 4 cups of water to a boil. We'll be using this second pot and the boiled water to make the mashed potatoes

4) It can be tricky to get the right amount of water for your mashed potatoes and the last thing you want to do is over-water the mix. For best results, pour as much of the hot water as possible into empty bowls and water bottles. Then, empty the instant mashed potato mix into your second pot and slowly add-in the extra water while stirring until you get the desired consistency.

5) To serve, layer people's bowls with a bunch of mashed potatoes and top with the lentil/vegetable/sauce mix. Enjoy this amazing meal!