

Meths burning stoves, Easy steps to staying safe

These (such as Trangia) are a very good stove especially for the young or inexperienced camper or backpacker. It is one of the most stable and safe stoves to use. However, like all stoves, these stoves need to be treated with respect and all users should be trained to a good level of familiarity, competence and understanding of safety.

Training Undertake training in the use of 'Trangia' stoves from experts, before you need to use them.

Equipment Check that you have all the components of the stove,
Pots to suit model & handle
Spirit burner (plus a spare, if possible)
Burner lid
Adjustable burner top (simmer ring)
Upper wind shield
Lower windshield
Fuel bottle with safety valve
Bag or strap

Carry out a check on the stove before taking it out and using it, to make sure that it's clean, the burner undamaged and that the pan handle grips the pans tightly and again before putting them away ready for the next trip.

Starting Place the lower wind shield on a level surface at least 1 metre from the tent, ensuring it is easily accessible and place the burner in the centre having removed the burner lid. (Never use a stove in a tent)

Preparation Ensure your food is ready for cooking

Fuelling Fill the burner with the meths from the fuel bottle (There is an art to this. You may have to let it settle and top it up after a minute or so) you should only fill this to about 2/3rds its depth. Practice this in training.

Understand that methylated spirits (Meths) are highly flammable and should be treated with respect. Carry Meths in small quantities in an approved metal or hard plastic container which has a water tight screw top. Custom made liquid fuel bottles have holes in their screw stoppers which allows Meths to be poured at a sensible rate and which allows the flow to be controlled very easily.

Lighting Light the burner with a match, you can check it is alight by holding your hand about ½ a metre above it and feeling the heat. Never carry or pick up the stove whilst it is burning or to light it.

Cooking Place the top wind shield in place. And proceed to cook your food.

Orientate the wind shield to suit your needs. Users should understand how air intake affects the heat of the stove and how to control this.

Ensure that the pan handle is not left attached to the pan whilst cooking.

Refilling If you need to refill the burner:

Remove the top wind shield from the bottom wind shield;

Check to ensure that it is completely out by holding your hand ½ a metre above the burner and slowly bring it closer, to within 10 cm, it should not be warm;

Never bend over the stove when filling, lighting or cooking;

Then using the pot holder place the adjustable burner top (fully closed) over the burner, wait 30 seconds. (Do not use the burner lid for this, as you may melt the rubber seal)

Remove the burner top and check the burner is cool to the touch. If it is it may now be refilled from your fuel bottle.

Relighting Re-light the burner having removed the fuel bottle to a safe distance and re assemble the wind shields, before completing your meal.

Finishing When finished ensure the burner is out and cold, as in step 8, put burner lid on burner, clean and pack away.

You should not put the screw top onto the burner until the burner and any leftover fuel has cooled right down.

Some 'Trangia' stoves are adapted to use gas. Again, due care should be taken to follow basic safety rules. In addition, great care must be taken to make sure that the gas bottle is connected tightly to the hose and should never be disconnected whilst the stove is lit. When using the gas version, the gas container should be lower than the level of the burner.

Nothing can replace common sense, basic safety sense and familiarity with using the stove through practice in controlled conditions before using on an expedition.