

Cook a meal anytime, anywhere! The BaroCook® Flameless Cooking System is a revolutionary stove for campers, outdoor enthusiasts, first responders, railroaders, emergency food storage and so much more, the uses are endless. No matter where you are going, bring this stove along to always have a hot meal. With the supplied heating packs, you can carry, cook, and heat your meals easily. Just place the heating pack and water into the outer container and then place the inner steel container with your meal inside, seal the lid and let the combination of hot water, steam, and the heat pack heat your meal. When your meal is heated, open the lid and enjoy!

Anytime! Anywhere!
Let's cook without fire!



Baro[®]
COOK



Soup



Instant noodles



Stew/Meat balls



Curry & Rice



Pasta



Boiled eggs



THERMAL CAFE MUG FOR FLAMELESS COOKING (400ML)

BC-004

The Thermal Café Mug is part of BaroCook's patented flameless cooking system that heats beverages and cooks food. This revolutionary technology allows you to heat any beverage or cook your food without fire or power. The heating temperature reaches up to 208 degrees Fahrenheit, with an average heating temperature of 203 degrees. Your hot beverage will be ready within 5-15 minutes and your food will be ready in 10-30 minutes. The Thermal Café Mug comes with one 20g heating pack and a 13 oz mug for heating any beverage and cooking.

- Includes BaroCook Mug (400ml) + 1 x 20g heating pack
- No fire, fuel or electricity required. The heat pack reacts with a small amount of water to heat for up to 30 minutes
- Eco-friendly, non-toxic and biodegradable heat packets.
- Heat beverages and cook safely with the food grade, high-quality rust-resistant type 304 stainless steel
- A perfect addition to any camping kitchen gear kit or emergency survival kit.
- Available in Clear or Black outer shell
- Uses 20g heating packs
- BPA, phthalate, PVC & lead-free



① Separate stainless tumbler from outer plastic container



② Open BAROPACK, use rounded stick to press the heating pad to the bottom of plastic container.



③ Pour water until filling in the line of BAROPACK package(40ml).
⚠ Water could overflow if filled out too much when heating.



④ Pour 40ml water onto baropack
Pour drinks in separated stainless tumbler.



⑤ Put the stainless tumbler into the plastic container when heating.



⑥ Put lid back on container and wait for 6 to 8 minutes. And enjoy your hot drink.



MEDIUM THERMAL POT FOR FLAMELESS COOKING (850ML)
BP-003

Perfect size for cooking two-person meals such as Campfire Meals dehydrated food or Mountain House freeze-dried foods. Open any type of canned foods, MRE's meals, or any other food to cook and heat for a hot meal within minutes.

- Includes BaroCook (850ml) stove + 1 x 50g heating pack



X-LARGE THERMAL POT FOR FLAMELESS COOKING (1200ML)
BC-007

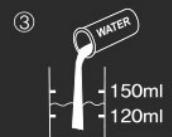
Our largest and most popular portable stove that fits 1200ml of food or liquid, enough for a 3-4 person meal comfortably or a large meal for two people.

- Includes BaroCook (1200ml) rectangle stove + 1 x 50g heating pack

- No fire or electricity required water is your fuel. The heat pack reacts with a small amount of water to heat for up to 30 minutes
- A great addition to 72-hour kits, go bags, emergency food storage, and much more!
- Eco-friendly, non-toxic, odorless and biodegradable heat packets available in multiple sizes
- The stainless container is great for storing & traveling with food with its airtight and leak-proof lid
- Reheat foods safely with our, food-grade, high-quality rust-resistant type 304 stainless steel container
- BPA, phthalate, PVC & lead-free
- Can be used safely indoors or outdoors.
- For best results use large 50g heat packs



① **FOOD**
 Separate stainless bowl from outer plastic container



③ **WATER**
 150ml
 120ml
 Pour water until filling in the water line of heating pad package, or take advantage of a 120ml measuring cup to pour. (Water could overflow if filling out too much water when heating)
 • BC-003:120ml
 • BC-007D:150ml



⑤
 Put the stainless bowl into the plastic container when steam activated,



② **50g BAROPACK**
 Open heating pad, put the heating pad to the bottom of plastic container



④ **FOOD**
50g BAROPACK
 Pour 120/150ml water onto baropack
 Appropriately pour or put food (Noodle, Vegetable, Coffee, Tea, and so forth) into the separated stainless bowl.



⑥
 Wait for 6 minutes(Soup, Coffee & Tea) & 20 minutes(Pasta) after cover the lid. And you can enjoy with warm foods.

The heating packs, are activated by adding water. They are non-toxic, eco-friendly, odorless, and water-insoluble.
 The remaining quicklime powder of the heating pack is ecologically friendly. The byproduct is a powder, less toxic than salt, sand, and mud.



**10-PACK OF MEDIUM ECO-FRIENDLY
 HEAT PACKS FOR FLAMELESS COOKING (20G)**
BC-007

Pack of 10 medium 20g flameless heating packs.

- Zipper bag with 10 x 20g heat packs.
- Works with: Barocook Cafe Mug BC-004.
- Will provide limited heating for other sizes: Medium (BC-003) & X-Large (BC-007) rectangular;
- Water or liquid is your fuel. No fire or electricity required.
- Material: Quicklime
- Eco-friendly, non-toxic, odorless, and biodegradable.
- Can be used safely indoors or outdoors.



**10-PACK OF LARGE ECO-FRIENDLY
 HEAT PACKS FOR FLAMELESS COOKING (50G)**
BP-002

Pack of 10 large 50g flameless heating packs.

- 10 individually wrapped 50g heat packs.
- Works with the following products: Barocook Medium (BC-003) X-Large (BC-007) rectangular;
- Not for use with the Small BC-002 and Cafe Mug BC-004
- Activated by adding water.
- Material: Quicklime
- Eco-friendly, non-toxic, odorless, and biodegradable.
- Can be used indoors or outdoors.