

A Scumbag's Guide TO ADVENTURE LIVING

BY CHRIS "DOUGGS" MCDUGALL



▲ Yum yum, duck tongue! China, 2012. Photo by Reinhard Sommer.

Group lunch at a Swiss Dam, Loose Dudes Tour 2006. Left to right: Dan Aldrige, Wildman, Adam Gibson (RIP), Douggs.



For way too many years now I have been travelling the world trying to have more fun than anyone else on the planet. People think that I must be robbing grannies or selling smack to school kids but unfortunately that is not the case—well, at least not yet!

A lot of people also tell me how lucky I am to be able to travel so much to which I reply, it's not about luck, it's all about choice, want, will, and sacrifice.

Anyone can do anything if they really want to but if you want to do it all and in style then you need to be one of those motherfucking trust-fund kids that I wish I hated but I am actually just super jealous of. They are the exception but most of them never really appreciate it!

As you read on you will discover some of my trade secrets for extensive adventure living for long periods of time because after all, what is more fun: 10 months of work with two months of holidays OR two months of work with 10 months of holidays. I know which answer the almighty Charlie Sheen would give!

Last month Douggs discussed the scumbag's travel insurance and airport tactics.

Food

I love food and it would be super rad if I could eat out every night for some fine dining at some fancy restaurant but you can't have it all. You either eat out at restaurants with your mates at home or travel the whole planet having the best time ever. The choice for me is not hard!

When travelling, you need to change the word "food" to "fuel" and if you are poor enough and hungry enough you will be well surprised what starts tasting good! Even to this day I am stingy on food.

Supermarkets generally have a small section where the almost out-of-date food is kept and it is normally around half price. It is still completely fine but it just needs to be eaten soon. In Lauterbrunnen, Switzerland all the food that is almost out of date has a big round orange sticker on it that says "50% Off." The shop has done the work for you—all you need to do is grab it, put it in your wingsuit, and jump it down for a lovely cheap meal. One of the awesome bonuses is the fact that you get a great variety of cuisine this way because some of the stuff you would never buy full price! It's the answer, my friends!

If you are forced to eat out in a group don't order too much, if anything at all, just wait as there will be a couple of people who don't finish their meals and there will be people at other tables who won't finish their meals too. Just suck it up and say, "Hey bro, do you mind if I finish your meal?" Yum yum yum, a free meal in the tum!

Jeb Corliss once said to me 11 years ago when we were travelling together in the U.S., "Wow Douggs, you and me have the same lifestyle." I replied, "The only difference is that I sleep on your floor and eat your leftover food!" Funny but true!

Another thing that is good and light is to carry a hiking pot and small burner with you on your travels. It's cheap, light, takes up no room and is perfect for cooking pasta and rice dishes, which are a jumper's staple travel dinner. You can also burn a toasted sandwich in them or even splash out and make some eggs!

When we first went to France back in 2001 we learnt that those baguettes have another purpose other than hitting Frenchies over the head with—you can put tomato, ham, and cheese in them and eat them. Go figure!



▲ A self-portrait which made the cover of Para Mag in 2006, from the KL Tower Event.

A good ol' fashioned American chili dog in Idaho, 2006. And they wonder why they are fat!! Tastes good though. Photo by one of the "Loose Dudes."

Note: Get someone to buy you a Leatherman or Swiss army knife for Christmas. They are invaluable for travelling.

Again, while living on a couch in the hangar of the Idaho DZ, I had to improvise my meals as all I had to cook with for the eight months I was living there was a microwave. Not ideal, but easily sorted and here is a simple and easy recipe for you young budding scumbags out there! Buy one of those cheap microwave rice cookers. They are handy little buggers!

Budding Scumbag Rice

- 1 packet of rice, flavored or not
- 1 tin of tuna
- 1 tin of corn
- 1 tin of diced tomatoes
- chili flakes, garlic, Parmesan cheese, to taste

Get the rice almost cooked then add the rest.

The key is the final ingredients—chili flakes, garlic powder, and the cheapest Parmesan cheese

you can find—and these are the keystone to travelling to the point where I keep them on my utility belt. These ingredients don't cost much, last a hell of a long time, and turn any meal into a masterpiece that will have your friends coming back for more! Another great meal for a hiking BASE jumper is the classic tuna pasta. This is a taste sensation after a hard hike and it's good for you too; we live on that shit in Norway!

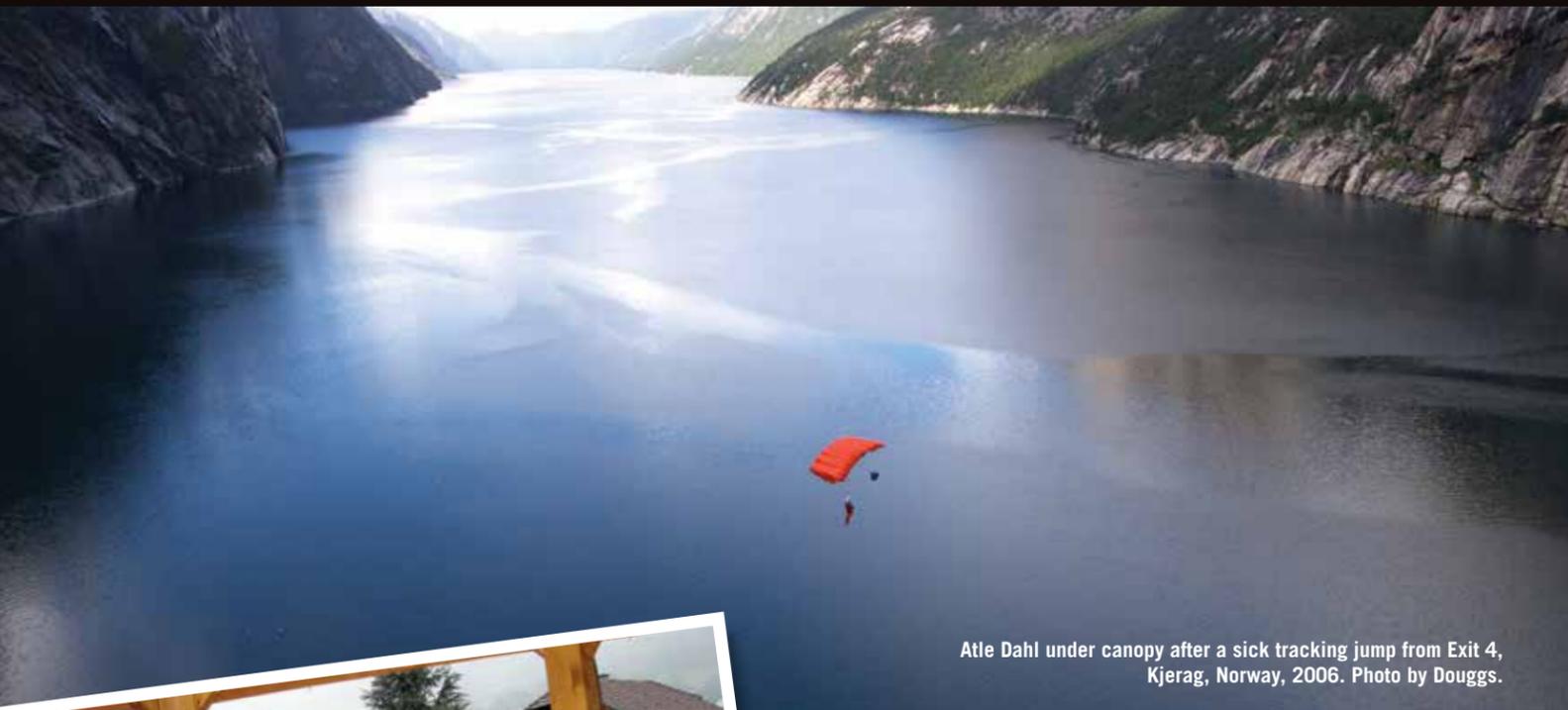
Classic Tuna Pasta

- 1 tin of tuna
- 1 onion, diced
- 1 carrot, dice
- 1 tin of corn
- 1 tin of tomatoes
- pasta of your choice
- chili flakes, garlic, and Parmesan cheese to taste

Remember not to bother chewing the corn because no matter what you do it will still come out the way it looks on the



A Scumbag's Guide



Atle Dahl under canopy after a sick tracking jump from Exit 4, Kjerag, Norway, 2006. Photo by Douggs.



Hiding from an unexpected cold snap in June on the Loose Dudes Tour 2006. Left to right: Prue Beams, Adam Gibson (RIP), Douggs. Photo by Wildman.

packet. Save your energy for something else, like drinking beer!

Speaking of beer, there is nothing more fun after a day of awesomeness than getting totally wasted with your mates, but this can come at a cost if you're drinking at the bar. When it's not your round, life is great in the pub but when that time comes around it is a horrible feeling that you're throwing away a week of travelling money on a round of beer. The key to this is to buy your beer from the supermarket, it is so much cheaper it's ridiculous. Yes, it can be a bit warm but if

you just sit it in the river for a while it's tasty as! I used to do this every day in Lauterbrunnen after a few jumps from "The Ultimate."

If there is no way of escaping the bar then I suggest getting as wasted as you can first before going there. That way if you do have to spend money you at least won't stress about it until the next day and you can have a great night and hopefully wake up in a strange girl's room!

Also you can buy the first beer at the bar and then do the sneaky refill with your own beer you bought from the supermarket. Don't get caught though as bar owners don't seem to like that one too much!

Another thing myself and Coomesy used to do a lot in Norway and other expensive countries is just go around and drink all the half-finished beer that the rich Norwegians used to leave behind. This got us pissed many times but please note: The drunker you get the less caution you use and quite often we ended up with a cigarette butt in our mouths. That's not so much fun but it's more fun than being sober after a day of epicness!

The final thing me and Coomesy used to do in Norway was to collect cans and bottles and cash them in. This may sound stupid but in Norway you get about 20 cents per can so if you take in 500 of them you are doing pretty good. We used to get all of the cans from the Lysebotn area, Coomesy would pick cherries and give them to

the ferry captain and in return he gave us free rides into Stavanger to cash our bottles in. One day we got so much cash that we bought a kilo of prawns and feasted! All from other people's discarded rubbish! Again, as Charlie Sheen would say... "Winning."

So get out there and have a go, everyone! These are just a few tips I have picked up over the years and what a life it has been.

Keep chasing rainbows,
Douggs 🍀

Next month: Douggs' scumbag car and career tips.

DISCLAIMER: Blue Skies Magazine does not necessarily endorse or recommend any of Douggs' scumbag tips, hence the "scumbag" label. Your use of his tips may or may not land you in any number of federal detentions, lock-ups, pound-me-in-the-ass prisons, or worse—or better, who knows. Point being, this column is for entertainment only; follow at your own perilous risk.

ABOUT THE AUTHOR:

Chris "Douggs" McDougall is one of the most experienced, hard-core BASE jumpers on the planet, and the author of the book "Confessions of an Idiot: A Colourful Tale of a Life in Freefall." Douggs' BASE jumping, speedflying, paragliding, climbing and surfing missions have taken him around the world 100 times over... and it's all been captured on camera. Watch it all at www.basedreams.com.

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