

**National Interagency Coordination Center
Incident Management Situation Report
Wednesday, July 19, 2017 – 0530 MT
National Preparedness Level 4**

National Fire Activity

Initial attack activity:	Light (113) new fires
New large incidents:	1
Large fires contained:	5
Uncontained large fires:**	33
Area Command Teams Committed:	0
NIMOs committed:	0
Type 1 IMTs committed:	4
Type 2 IMTs committed:	8

**Uncontained large fires include only fires being managed under a full suppression strategy.
[Link](#) to Geographic Area daily reports.

Active Incident Resource Summary						
GACC	Fires	Cumulative Acres	Crews	Engines	Helicopters	Total Personnel
AICC	3	131,431.7	1	0	2	42
NWCC	16	17,208	49	104	13	1,569
ONCC	6	94,565	59	107	9	1,838
OSCC	8	139,232	120	397	36	4,973
NRCC	35	73,410.7	49	84	21	1,880
GBCC	28	485,240	41	143	22	1,757
SWCC	17	193,339	9	20	3	335
RMCC	8	22,634.5	9	74	5	576
EACC	0	0	0	0	0	0
SACC	2	959	0	1	1	14
Total	123	1,158,019.9	337	930	112	12,984

Great Basin Area (PL 4)

New fires:	10
New large incidents:	1
Uncontained large fires:	12
Type 2 IMTs committed	4

Long Valley, Northern California District, BLM. IMT 2 (Fogle). Fifty miles north of Reno, NV. Brush and short grass. Moderate fire behavior with backing, creeping and smoldering. Numerous residences threatened. Area and trail closures in effect. Energy infrastructure threatened. Sage-grouse habitat threatened.

Missouri, Payette NF. IMT 2 (Roide). One miles southwest of Yellow Pine, ID. Timber and brush. Active fire behavior with group torching. Structures threatened. Area and trail closures in effect. Reduction in acreage due to more accurate mapping.

Grass Valley, Winnemucca District, BLM. IMT 2 (Bird). Sixteen miles south of Winnemucca, NV. Brush and short grass. Active fire behavior. Structures threatened. Sage-grouse habitat threatened.

Oil Well, Northern Region, Nevada DOF. Six miles north of Elko, NV. Brush and tall grass. Minimal fire behavior. Reduction in acreage due to more accurate mapping.

Four Seasons Complex (2 fires), Elko District, BLM. 2 (Goff). IMT is also managing Roosters Comb incident. Started on state land 50 miles north of Battle Mountain, NV. Brush and tall grass. Moderate fire behavior with smoldering. Structures threatened. Sage-grouse habitat threatened.

Roosters Comb, Northern Region, Nevada DOF. Twenty-five miles north of Battle Mountain, NV. Brush and tall grass. No new information. Last report unless new information is received.

MM155, Winnemucca District, BLM. Twenty-one miles southwest of Winnemucca, NV. Brush and short grass. Minimal fire behavior. Sage-grouse habitat threatened.

* **Cedar Mountain**, Salt Lake Field Office, BLM. Twenty-three miles west of Grantsville, UT. Brush and tall grass. Extreme fire behavior with backing and running.

Davis, Salt Lake District, BLM. Four miles southeast of Dugway, UT. Short grass. No new information.

Stage, Northwest Area, Utah DOF. Seven miles north of Vernon, UT. Timber, brush and tall grass. Moderate fire behavior with creeping and isolated torching. Structures threatened.

Water Tower, Uinta/Wasatch-Cache NF. One mile east of Alpine, UT. Timber and brush. Minimal fire behavior.

Little Valley, Salt Lake District, BLM. Ten miles west of Vernon, UT. Timber and tall grass. No new information.

Brianhead, Southwest Area, Utah DOF. One mile north of Brian Head, UT. Timber and hardwood litter. Minimal fire behavior. Road, area and trail closures in effect.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Long Valley	CA-NOD	83,733	0	57	Ctn	7/25	896	-2	25	47	9	6	8.9M	BLM
Missouri	ID-PAF	426	-74	5	Comp	10/01	234	166	9	0	6	0	1M	FS
Grass Valley	NV-WID	11,590	6,590	45	Ctn	7/21	195	95	5	12	5	2	250K	BLM
Oil Well	NV-NNS	7,466	-66	30	Ctn	7/20	330	124	8	25	2	28	400K	ST
Four Seasons Complex	NV-EKD	155,502	7,542	60	Comp	7/24	606	37	10	28	6	0	1.3M	ST
Roosters Comb	NV-NNS	218,380	---	96	Ctn	UNK	29	---	0	5	0	0	3.7M	ST
MM155	NV-WID	22,360	0	70	Ctn	7/19	242	-111	4	20	3	0	2.3M	BLM
* Cedar Mountain	UT-SLD	6,000	---	0	Ctn	7/21	49	---	2	3	0	0	80K	BLM
Davis	UT-SLD	12,000	---	0	Ctn	7/19	42	---	0	7	0	0	25K	BLM
Stage	UT-NWS	727	27	75	Ctn	7/22	19	1	0	4	0	0	50K	ST
Water Tower	UT-UWF	505	109	75	Ctn	7/19	21	-6	1	0	0	0	460K	FS
Little Valley	UT-SLD	300	---	0	Ctn	7/19	1	---	0	0	0	0	80K	BLM
Brianhead	UT-SWS	71,673	0	97	Ctn	7/30	59	-269	1	3	1	26	36M	ST

Northern Rockies Area (PL 4)

New fires:	16
New large incidents:	0
Uncontained large fires:	8
Type 1 IMTs committed	1
Type 2 IMTs committed	3

Powerline, Craig Mountain Area, IDL. IMT 2 (Almas). IMT is also managing the Corral Creek fire. Fifteen miles west of Winchester, ID. Brush and grass. Active fire behavior with backing, flanking and wind-driven runs. Structures threatened. Road and area closures in effect.

Corral Creek, Craig Mountain Area, IDL. Fifteen miles east of Anatone, ID. Brush and tall grass. Minimal fire behavior. Structures threatened. Road and area closures in effect.

Lookout, Central Land Office, DNR. IMT 1 (Turman). Seven miles northwest of Sieben, MT. Timber. Moderate fire behavior with backing, creeping and isolated torching. Residences threatened.

Sliderock, Lolo NF. IMT 2 (Leach). Twenty-eight miles southeast of Missoula, MT. Timber and closed timber litter. Active fire behavior with torching and short crown runs. Structures threatened. Road and trail closures in effect.

Park Creek, Helena-Lewis and Clark NF. IMT 2 (Hutton). Two miles north of Lincoln, MT. Timber. Active fire behavior with uphill runs, short crown runs and short-range spotting. Structures threatened. Road closures in effect.

Whetstone Ridge, Beaverhead/Deerlodge NF. Twenty-five miles southwest of Philipsburg, MT. Timber and heavy logging slash. Moderate fire behavior with torching and short range spotting. Area closures in effect.

July, Lewistown Field Office, BLM. One mile southwest of Zortman, MT. Timber and short grass. Minimal fire behavior. Reduction in acreage due to more accurate mapping.

Magpie, Dakota Prairie National Grasslands. Forty-four miles northwest of Dickinson, ND. Brush and short grass. Minimal fire behavior.

Turtle, Northern Cheyenne Agency, BIA. Two miles southwest of Ashland, MT. Timber and brush. Moderate fire behavior with smoldering and single tree torching.

Four Buttes, Daniels County. Fifteen miles southwest of Scobey, MT. Grass. Minimal fire behavior. Reduction in acreage due to more accurate mapping

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Powerline	ID-CMS	8,000	1,000	5	Ctn	7/24	139	-17	6	4	0	0	850K	ST
Corral Creek	ID-CMS	1,600	0	5	Ctn	7/21	267	251	7	9	4	0	2.9M	ST
Lookout	MT-CES	390	0	60	Ctn	7/26	301	301	9	9	2	0	950K	ST
Sliderock	MT-LNF	188	0	0	Comp	10/15	122	-9	2	1	6	1	1.1M	FS
Park Creek	MT-HLF	1,565	126	5	Comp	9/30	127	-11	2	4	2	0	561K	FS
Whetstone Ridge	MT-BDF	374	3	0	Ctn	10/21	76	1	2	0	1	0	260K	FS
July	MT-LED	10,542	-1,157	95	Ctn	UNK	15	-24	0	4	0	5	6.2M	BLM
Magpie	ND-DPF	5,000	0	94	Ctn	7/21	18	-66	0	4	0	0	900K	FS

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Turtle	MT-NCA	1,849	0	50	Ctn	7/23	46	-5	1	8	0	0	15K	BIA
Four Buttes	MT-LG37	1,630	-85	95	Ctn	7/19	11	-30	0	4	0	0	20K	CNTY
Lazier Creek 3	MT-NWS	1,145	0	100	Ctn	---	248	-113	4	15	1	0	5.2M	ST
Maxwell Butte	MT-MCD	889	289	100	Ctn	---	0	0	0	0	0	0	750K	PRI

NWS – Northwestern Land Office, Montana DNR MCD – Miles City District

Southern California Area (PL 4)

New fires: 26
 New large incidents: 0
 Uncontained large fires: 5
 Type 1 IMTs committed 3

Detwiler, Merced-Mariposa Unit, Cal Fire. Cal Fire IMT 1 (Derum). Fifteen miles northwest of Mariposa, CA. Brush and tall grass. Active fire behavior with crowning, uphill runs and short-range spotting. Residences threatened. Evacuations and road closures in effect.

Park, Fresno-Kings Unit, Cal Fire. IMT 1 (Patterson) IMT is also managing the Garza fire. Four miles south of Parkfield Junction, CA. Brush and tall grass. Extreme fire behavior with backing, running and short-range spotting. Residences threatened. Road closures in effect.

Garza, Fresno-Kings Unit, Cal Fire. Ten miles southeast of Avenal City, CA. Chaparral, brush and tall grass. Minimal fire behavior.

Whittier, Los Padres NF. IMT 1 (von Tillow). Eleven miles northeast of Goleta, CA. Chaparral and brush. Moderate fire behavior with backing, flanking and short-range spotting. Residences threatened. Road, area and trail closures in effect.

Schaeffer, Sequoia NF. Seventeen miles north of Kernville, CA. Timber and brush. Minimal fire behavior. Road, area and trail closures in effect.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Detwiler	CA-MMU	25,000	13,800	5	Ctn	7/25	1,405	625	30	217	11	15	2.5M	ST
Park	CA-FKU	1,389	889	15	Ctn	7/21	1,213	820	31	79	6	0	921K	ST
Garza	CA-FKU	48,889	656	97	Ctn	UNK	76	-549	0	12	0	1	15.5M	ST
Whittier	CA-LPF	18,331	20	66	Ctn	7/31	1,749	-185	47	62	17	46	26.2M	FS
Schaeffer	CA-SQF	16,031	0	94	Ctn	8/05	218	-9	4	2	2	0	13.8M	FS
Bridge 2	CA-BDU	460	0	100	Ctn	---	81	-31	3	5	0	0	1.3M	ST

BDU – San Bernardino Unit, Cal Fire

Northwest Area (PL 3)

New fires: 6
 New large incidents: 0
 Uncontained large fires: 3

Redford Canyon, Colville Agency, BIA. Eight miles southeast of Keller, WA. Light logging slash, brush and tall grass. Minimal fire behavior. Structures threatened. Road closures in effect.

Dry Creek, Southeast Region, Washington DNR. Six miles north of Husum, WA. Timber and brush. Minimal fire behavior with backing, smoldering and creeping.

Buck, Wallowa-Whitman NF. Sixteen miles northeast of Imnaha, OR. Brush and grass. No new information.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Redford Canyon	WA-COA	681	181	60	Ctn	7/22	330	80	11	16	3	0	659K	BIA
Dry Creek	WA-SES	337	0	94	Ctn	7/24	208	-47	11	8	0	0	4M	ST
Buck	OR-WWF	1,015	---	95	Ctn	UNK	0	---	0	0	0	0	1M	FS
Snake River	WA-WFS	3,100	-880	100	Ctn	---	94	-213	1	0	2	0	1M	ST
Canyon Creek	WA-NES	1,200	0	100	Ctn	---	393	0	11	53	3	2	1.3M	ST

WFS – Washington State Fire Marshall's Office NES – Northeast Region, Washington DNR

Rocky Mountain Area (PL 2)

New fires: 7
 New large incidents: 0
 Uncontained large fires: 5
 Type 2 IMTs committed: 1

Wanblee Timber, Pine Ridge Agency, BIA. IMT 2 (Greer). Twelve miles northeast of Wanblee, SD. Timber, brush and tall grass. Extreme fire behavior with torching, crowning and spotting. Residences threatened. Evacuations in effect.

Keystone, Medicine Bow NF. Thirty-five miles southwest of Laramie, WY. Timber and medium logging slash. Minimal fire behavior. Structures threatened. Evacuations, road, area and trail closures in effect.

Wilson, White River Field Office, BLM. Eight miles north of Meeker, CO. Timber and brush. Minimal fire behavior.

Peekaboo, Little Snake Field Office, BLM. Forty-four miles northwest Maybell, CO. Dormant brush, hardwood slash. Minimal fire behavior. Structures threatened. Sage-grouse habitat threatened.

Gutzler, White River NF. Thirteen miles southwest of Kremmling, CO. Timber and brush. Minimal fire behavior. Residences threatened.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
* Wanblee Timber	SD-PRA	4,000	500	20	Ctn	7/29	231	-23	1	58	0	2	1M	BIA
Keystone	WY-MBF	2,520	0	75	Ctn	7/31	270	0	7	8	2	1	1K	FS
Wilson	CO-WRD	700	0	60	Ctn	7/23	6	-4	0	2	0	0	5K	BLM
Peekaboo	CO-LSD	12,839	0	95	Ctn	7/20	23	0	0	2	2	0	2.2M	BLM

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Gutzler	CO-WRF	974	0	50	Ctn	8/04	13	4	0	1	1	0	1.6M	FS

Northern California Area (PL 3)

New fires: 24
 New large incidents: 0
 Uncontained large fires: 1

Grade, Mendocino Unit, Cal Fire. Two miles west of Laughlin, CA. Hardwood litter, brush and tall grass.
 Minimal fire behavior.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Grade	CA-MEU	900	0	85	Ctn	7/23	595	162	24	36	0	1	1M	ST

Fires and Acres Yesterday (by Protection):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	1	0	0	0	0	1
	ACRES	0	2,014	0	0	0	0	2,014
Northwest Area	FIRES	0	0	1	0	4	1	6
	ACRES	0	0	220	0	37	0	257
Northern California Area	FIRES	0	0	0	0	22	2	24
	ACRES	0	0	0	0	135	25	160
Southern California Area	FIRES	2	0	0	0	22	2	26
	ACRES	2	0	0	0	9,113	1	9,116
Northern Rockies Area	FIRES	2	4	0	0	8	2	16
	ACRES	5	18	0	0	7,757	644	8,424
Great Basin Area	FIRES	0	2	1	2	3	2	10
	ACRES	0	12,741	2	0	5,416	10	18,169
Southwest Area	FIRES	0	0	0	0	11	9	20
	ACRES	0	0	0	0	1,135	2	1,137
Rocky Mountain Area	FIRES	3	0	0	0	2	2	7
	ACRES	12	0	0	0	8	5	25
Eastern Area	FIRES	0	0	0	0	1	0	1
	ACRES	0	0	0	0	1	0	1
Southern Area	FIRES	0	0	0	0	1	1	2
	ACRES	0	0	0	0	1	1	2
TOTAL FIRES:		7	27	1	3	112	29	179
TOTAL ACRES:		839	148,409	3	0	3,713	1,352	154,316

Fires and Acres Year-to-Date (by Protection):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	149	0	0	148	10	307
	ACRES	0	421,134	0	0	81,347	1	502,482
Northwest Area	FIRES	102	82	18	6	502	276	986
	ACRES	3,757	47,377	744	1	15,534	3,248	70,661
Northern California Area	FIRES	30	7	2	5	1,305	159	1,508
	ACRES	28	9,805	70	5	15,788	2,756	28,452
Southern California Area	FIRES	151	42	1	9	2,187	208	2,598
	ACRES	183	616	0	6	116,372	40,743	157,920
Northern Rockies Area	FIRES	512	52	11	4	584	239	1,402
	ACRES	14,824	23,372	415	24	31,014	7,206	76,855
Great Basin Area	FIRES	18	463	4	25	480	157	1,147
	ACRES	285	507,206	2	37	473,912	68,039	1,049,481
Southwest Area	FIRES	579	182	10	25	590	659	2,045
	ACRES	45,674	22,332	191	1,296	111,874	299,420	480,787
Rocky Mountain Area	FIRES	510	147	7	11	490	214	1,379
	ACRES	2,633	34,713	202	75	475,197	5,279	518,099
Eastern Area	FIRES	343	0	13	14	3,042	277	3,689
	ACRES	696	0	19	129	12,885	3,110	16,839
Southern Area	FIRES	256	8	42	26	19,409	352	20,093
	ACRES	60,251	36	151,442	53,054	1,290,717	25,698	1,581,198
TOTAL FIRES:		2,501	1,132	108	125	28,737	2,551	35,154
TOTAL ACRES:		128,331	1,066,591	153,085	54,627	2,624,640	455,500	4,482,774

Ten Year Average Fires (2007 – 2016 as of today)	38,392
Ten Year Average Acres (2007 – 2016 as of today)	3,230,169

Prescribed Fires and Acres Yesterday (by Ownership):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES		0			0	0	0
	ACRES		0			0	0	0
Northwest Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northern California Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Southern California Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Northern Rockies Area	FIRES	0	0	0	0	2	0	2
	ACRES	0	0	0	0	875	0	875
Great Basin Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Southwest Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Rocky Mountain Area	FIRES	0	0	0	0	0	0	0
	ACRES	0	0	0	0	0	0	0
Eastern Area	FIRES	0		0	0	0	0	0
	ACRES	0		0	0	0	0	0
Southern Area	FIRES	1		0		5	1	7
	ACRES	100		0		332	43	475
TOTAL FIRES:		1	0	0	0	7	1	9
TOTAL ACRES:		100	0	0	0	1,207	43	1,350

Prescribed Fires and Acres Year-to-Date (by Ownership):

Area		BIA	BLM	FWS	NPS	ST/OT	USFS	TOTAL
Alaska Area	FIRES	0	0	0	0	6	1	7
	ACRES	0	0	0	0	64,850	100	64,950
Northwest Area	FIRES	5	11	4	1	0	70	91
	ACRES	1,298	1,336	4,761	38	0	11,523	18,956
Northern California Area	FIRES	0	5	6	11	0	89	111
	ACRES	0	654	239	258	0	9,671	10,822
Southern California Area	FIRES	0	3	5	4	0	152	164
	ACRES	0	62	464	504	0	4,252	5,282
Northern Rockies Area	FIRES	6	11	42	6	12	93	170
	ACRES	462	3,820	18,690	752	1,388	6,413	31,525
Great Basin Area	FIRES	3	18	5	6	29	63	124
	ACRES	24	1,628	933	43	802	12,687	16,117
Southwest Area	FIRES	21	32	2	5	5	82	147
	ACRES	2,856	46,871	4,894	1,639	6,105	59,862	122,227
Rocky Mountain Area	FIRES	17	31	35	10	66	84	243
	ACRES	741	3,013	18,304	2,370	2,664	37,488	64,580
Eastern Area	FIRES	51	0	169	22	1,171	175	1,588
	ACRES	26,679	0	26,117	6,148	96,628	65,103	220,675
Southern Area	FIRES	48	0	122	28	58,374	685	59,257
	ACRES	6,894	0	94,771	133,644	1,470,520	622,642	2,328,471
TOTAL FIRES:		151	111	390	93	59,663	1,494	61,902
TOTAL ACRES:		38,954	57,384	169,173	145,396	1,642,957	829,741	2,883,605

*** Changes in some agency YTD acres reflect more accurate mapping or reporting adjustments.

***Additional wildfire information is available through the Geographic Areas at <http://gacc.nifc.gov/>

Canada Fires and Hectares

PROVINCES	FIRES YESTERDAY	HECTARES YESTERDAY	FIRES YEAR- TO-DATE	HECTARES YEAR-TO-DATE
BRITISH COLUMBIA	12	132,450	665	320,833
YUKON TERRITORY	0	0	84	290,379
ALBERTA	3	118	750	3,012
NORTHWEST TERRITORY	2	0	108	113,589
SASKATCHEWAN	1	0	118	417
MANITOBA	2	22	110	20,518
ONTARIO	3	6,997	155	21,686
QUEBEC	2	0	155	33,160
NEWFOUNDLAND	1	1	45	653
NEW BRUNSWICK	0	0	67	31
NOVA SCOTIA	0	0	140	720
PRINCE EDWARD ISLAND	1	0	4	7
NATIONAL PARKS	3	1,567	94	36,294
TOTALS	30	141,156	2,495	841,299

* 1 Hectare = 2.47 Acres

Predictive Services Discussion: Very hot conditions are expected across a majority of the Lower 48 as the thermal ridge of high pressure expands laterally from coast to coast and intensifies. Monsoonal moisture moving northward along the back side of the high pressure ridge will continue to produce scattered wet convection along the Rocky Mountain Crest. Further west, cooler conditions are expected as a low pressure area drops a little further south from the Gulf of Alaska and puts the West Coast under a cooler southwesterly flow pattern as a front begins to move on shore. In Alaska, the ridge of high pressure will weaken over the interior as two frontal systems approach, one from the Aleutian Islands and the other from the Arctic Ocean. Scattered showers and storms will move into western portions of the state with temperatures cooling from previous days' extremes.

<http://www.predictiveservices.nifc.gov/outlooks/outlooks.htm>



Nutrition: What we are eating and why

Firefighter Health & First Aid

Nutrition is a critical part of the health and safety of wildland fire suppression personnel. This is the fuel for the body to perform the work and maintain cognitive abilities. Wildland firefighters on the fireline need 4,000-6,000 calories a day to not go into an energy deficit. Consider the following key points when choosing your meal:

- There are 3 major energy sources in food: carbohydrates, protein, and fats.
- Carbohydrates (also called sugar) offer an immediate source of energy for your body. They provide the fuel for your muscles and organs, such as your brain.
- Proteins are the basic building blocks of the human body. They are made up of amino acids that help build muscles, blood, skin, hair, nails and internal organs.
- Fat is an essential nutrient that provides energy, energy storage, insulation, and contour to the body.
- MTDC recommends eating 150-200 kcals every 2 hours during the work shift to maintain blood glucose and energy levels.

Carbohydrates:

- Studies on athletes have shown that carbohydrates are the most critical energy source for performance and health.
- Carbohydrates are your body's first choice for fuel. If given a choice of several types of foods simultaneously, your body will use the energy from carbohydrates first.
- If you do not eat enough carbohydrates, the following can occur:
 - Fatigue
 - Muscle cramps
 - Poor mental function
- The fire camp lunches (called shift food) are designed to allow firefighters small amounts of food (primarily carbohydrates) that can be easily eaten throughout the work shift.

Discussion Points

How are you eating your fire lunch? Is it all at once or small amounts throughout the day? Think of long duration events (Ultra Runs, triathlons), do you see athletes stopping for a big meal or eating small amounts constantly throughout the race?

Additional Resources:

[Eating for Health and Performance web presentation](#), [MTDC Tech Tip on Nutrition \(2007\)](#), [NWCG Fitness and Work Capacity Ch 10](#), and Book "Sport Nutrition, 2 Ed"; by Asker Jeukendrup and Michael Gleeson

This topic was submitted by Joe Domitrovich, PhD, Exercise Physiologist, Missoula Technology and Development Center

Have an idea? Have feedback? Share it.

[EMAIL](#) | [Facebook](#) | MAIL: 6 Minutes for Safety Subcommittee • 3833 S. Development Ave • Boise, ID 83705 | FAX: 208-387-5250