Camping Food List

Plan every meal, then shop from this list

Lap of Nature
lapofnature.com

Cooler: meat, dairy, eggs

- [ ] Meat for dinners (freeze it)
- [ ] Hot dogs or sausages
- [ ] Bacon
- [ ] Eggs
- [ ] Cheese
- [ ] Butter
- [ ] Milk or creamer
- [ ] Yogurt
- [ ] Deli meat

Perishables out no more than 2 hours (1 hour at 90°F+). No ice left? Toss them.

Cooler: produce

- [ ] Prepped vegetables
- [ ] Baby potatoes, boiled at home
- [ ] Lettuce and tomato
- [ ] Berries or cut fruit
- [ ] Herbs, lemons, limes

No-cooler produce

- [ ] Potatoes (raw)
- [ ] Onions and garlic
- [ ] Apples, oranges, bananas
- [ ] Avocados
- [ ] Corn on the cob

Breakfast

- [ ] Oatmeal
- [ ] Pancake mix and syrup
- [ ] Tortillas
- [ ] Granola or cereal
- [ ] Coffee, tea, hot chocolate
- [ ] Bread or bagels

Lunch and dinner

- [ ] Bread, buns, tortillas
- [ ] Peanut butter and jelly
- [ ] Canned tuna, chicken, salmon
- [ ] Pasta and sauce
- [ ] Instant rice
- [ ] Canned beans or chili
- [ ] Mac and cheese
- [ ] Soup or ramen
- [ ] Crackers

Snacks and drinks

- [ ] Trail mix, nuts
- [ ] Granola bars
- [ ] Jerky
- [ ] Dried fruit
- [ ] Chips and salsa
- [ ] S'mores: marshmallows, grahams, chocolate
- [ ] Drinking water
- [ ] Juice or drink mixes

Staples

- [ ] Cooking oil
- [ ] Salt and pepper
- [ ] Spices
- [ ] Condiment packets
- [ ] Sugar
- [ ] Foil and zip-top bags
- [ ] Paper towels