

Camping Food Checklist

A complete camping food and cooking-supplies list covering non-perishables, cooler items, gear, snacks and water.

Non-Perishable Foods

- ☐ Oatmeal, granola, or instant cereal
- ☐ Pasta, rice, or couscous
- ☐ Canned beans, chili, soup, and vegetables
- ☐ Bread, tortillas, or buns
- ☐ Peanut butter, jelly, and crackers
- ☐ Cooking oil, salt, pepper, and spice packets
- Decant spices into small containers to save space.
- ☐ Coffee, tea, and powdered drink mixes

Cooler and Perishable Items

- ☐ Eggs in a hard container
- ☐ Meat or sausages, pre-frozen if possible
- ☐ Cheese, butter, and milk
- ☐ Pre-chopped vegetables and salad
- ☐ Marinated proteins in sealed bags
- Freeze meat ahead so it helps keep the cooler cold.
- ☐ Condiments: ketchup, mustard, mayo packets
- ☐ Fresh fruit that travels well, like apples and oranges

Snacks

- ☐ Trail mix, nuts, and dried fruit
- ☐ Granola or protein bars
- ☐ Chips, pretzels, or popcorn
- ☐ S'mores supplies: marshmallows, chocolate, graham crackers
- ☐ Jerky or cheese sticks
- ☐ Cookies or other treats

Water and Drinks

- ☐ Drinking water (about one gallon per person per day)
- ☐ Water filter or purification tablets as backup
- ☐ Refillable water bottles
- ☐ Juice boxes or drink mixes for kids
- ☐ Cooler or jug of extra water for cooking and cleanup

Cooking Gear

- ☐ Camp stove with fuel, or supplies for a campfire
- ☐ Lighter, matches, and fire starters
- ☐ Pot, pan, and kettle
- ☐ Cooking utensils: spatula, tongs, and a long spoon
- ☐ Sharp knife and a small cutting board
- ☐ Plates, bowls, cups, and reusable cutlery

- ☐ Aluminum foil and resealable bags

Cleanup and Food Storage

- ☐ Biodegradable dish soap and a sponge
- ☐ Wash basin or collapsible bucket
- ☐ Paper towels and dish cloths
- ☐ Trash and recycling bags
- ☐ Airtight containers or bins for leftovers
 - Store food sealed and away from your tent to deter wildlife.
- ☐ Hand sanitizer and wet wipes