

# 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