

Kitchen Essentials

- Camp stove or small propane burner
- Fuel
- Mess kit
 - Plate, Bowl, Mug
 - Spork or Camping Utensils
 - Small Cutting Board & Knife
 - Tongs & Spatula (if grilling)
- Nonstick Pan & Small Pot (for a variety of meals)
 - Dutch oven/cast iron pan if cooking over open flame
- French Press, AeroPress, or Pour-Over Coffee Maker (for coffee lovers!)
- Lighter & Waterproof Matches (always have extras!)
- Aluminum Foil & Parchment Paper (for no-mess cooking & fire-roasting meals)
- Ziploc Bags & Reusable Containers (for leftovers & meal prep)
- Trash Bags (pack it in, pack it out!)
- Biodegradable soap and sponge
- Bear-proof storage (if camping in bear-prone areas)

Meal Prep & Cleanup Tips

- Pre-Chop Ingredients → Saves time at camp! Store veggies, meats, and sauces in separate containers.
- Freeze Meals in Advance → Great for chili, stews, or pasta sauces to keep them fresh longer.
- Use Minimal Dishes → Plan one-pot or foil-wrapped meals to reduce cleanup.
- Pack Multipurpose Spices → Salt, Pepper, Garlic Powder, Paprika—keeps food flavorful without packing a full spice rack!
- Plan for No-Cook Meals → Have backup options in case of fire bans or if you don't feel like cooking.
- Clean as You Go → Makes camp life easier!

Pantry Staples (Shelf-Stable & Long-Lasting)

- Cooking Oil (Olive Oil, Avocado Oil, or Butter)
- Salt & Pepper
- Garlic Powder, Paprika, or Favorite Spices
- Hot Sauce or Salsa
- Peanut Butter or Almond Butter
- Honey or Maple Syrup
- Instant Coffee or Ground Coffee & Filters
- Tea Bags or Hot Cocoa Mix
- Pasta or Instant Rice
- Canned Beans (Black Beans, Chickpeas, or Pinto Beans)
- Canned Soup or Chili
- Canned Tuna or Chicken
- Dried Fruit (Mango, Raisins, Cranberries)
- Nuts or Trail Mix (or nut-free alternative)
- Crackers or Pita Chips
- Granola or Cereal
- Instant Oatmeal or Grits
- Tortillas or Pita Bread
- Shelf-Stable Cheese (Parmesan, Babybel, or Laughing Cow)
- Powdered or Shelf-Stable Milk

Fresh Essentials (For Cooler Storage)

- Eggs (Pre-scrambled in a bottle for easy cooking)
- Cheese (Cheddar, Mozzarella, or Feta)
- Pre-Cut Vegetables (Bell Peppers, Onions, Carrots)
- Pre-Washed Greens (Spinach, Kale, or Salad Mix)
- Fresh Fruit (Apples, Bananas, Oranges, Berries)
- Hummus or Guacamole Packs
- Yogurt or Cottage Cheese
- Cooked Deli Meat (Turkey, Ham, or Chicken)
- Vacuum-Sealed Smoked Salmon (Great for bagels or wraps)