

CAMPING PACKING LIST

GENERAL SUPPLIES	FOOD SUPPLIES	TOILETRIES/MISC	CLOTHING
<ul style="list-style-type: none"> ○ Tent ○ Tarp (to put under the tent) ○ Mallet (to pound the tent stakes) ○ Air Mattress/Pump (Optional) ○ OR Camping Mattress Pads ○ Sleeping Bags ○ Sleeping Bag Liners if cold nights expected ○ Pillows OR Travel Pillows ○ Extra Blankets for padding/warmth ○ Lantern ○ Head Lamps or Flashlights ○ Axe or Hatchet for cutting wood ○ Camping Chairs ○ Fire Starting Supplies (Lighter Fluid, Newspaper etc.) ○ Protective Gloves for fire ○ Extra rope ○ Swiss Army Knife ○ Lawn Games if you want ○ Chess Board ○ Frisbee/Ball 	<ul style="list-style-type: none"> ○ Mini grill or Camp Stove ○ Charcoal/Lighter Fluid ○ Roasting Sticks ○ Reusable napkins ○ Dish Rag/Soap ○ Cooler with Ice ○ Cast Iron Skillet ○ Camping Pot ○ French Press or Pour Over ○ Utensils ○ Wood Spatula and Tongs ○ Skewers ○ Measuring spoons/cup ○ Aluminum Foil ○ Garbage Bags ○ Can Opener ○ Bottle Opener/Corkscrew ○ Camping Plates/Bowls/Cups ○ Water Jug/s ○ Water Bottles ○ Extra containers for food storage ○ Oven Mitt 	<ul style="list-style-type: none"> ○ Ear Plugs/Eye Mask (If sensitive to noise/light) ○ Bug Spray ○ Sunscreen ○ First Aid Kit ○ Tweezers/Nail Clippers ○ Deodorant ○ Dry Shampoo ○ Hairbrush ○ Hair Ties/Bobby Pins ○ Lotion ○ Face Wash/Face Lotion ○ Medications ○ Toothbrush/Toothpaste/Floss ○ Contacts/Solution or Glasses/Glasses Wipe ○ Sunglasses ○ Washcloth/Towel ○ Chapstick ○ Feminine Products ○ Toilet Paper ○ Camera/Charger ○ Books ○ Journal and Pen ○ Car charger for phone 	<ul style="list-style-type: none"> ○ Sports Bras ○ Underwear ○ Wool Socks for chilly nights ○ Socks for hiking ○ Slip on Sandals for hanging around campsite ○ Hiking Sandals or Tennis Shoes ○ 1 Day Outfit: Sweat wicking tank and hiking shorts or pants (I wear the same thing every day and just hang it to dry if it gets sweaty or wet) ○ 1 Night Outfit: Jeans/Pants, Tee, Sweatshirt or Fleece (same as day: just one outfit) ○ Rain Jacket ○ Long Johns that I wear as pajamas ○ Hat ○ Headband ○ Backpack for hiking ○ Small purse/hip bag to carry essentials ○ Swimsuit if necessary

CAMPING 3 DAY MEAL PLAN

DAY 1	DAY 2	DAY 3	SHOPPING LIST
<p>Breakfast: Scrambled Eggs and Bacon with French Bread & "Butter" (we use a dairy free substitute) + Coffee</p> <p>We do French Bread because we like it plain and not toasted. If you want to deal with toasting bread over a fire/grill then go for it!</p> <p>TIP: Break/Scramble your eggs into a mason jar before you go so you don't have to worry about eggs getting crushed in your cooler.</p> <p>Lunch: Sandwich fixings: meat, cheese, tomatoes, lettuce, and condiments served with baby carrots and apples</p> <p>Dinner: Fire roasted hotdogs plus raw veggies</p> <p>Dessert: S'mores</p> <p>Dairy free option: use chocolate graham crackers in place of chocolate</p> <p>Snacks: trail mix or protein bars. Apples and peanut butter.</p>	<p>Breakfast: Yogurt and granola + Coffee</p> <p>Lunch: French bread with butter and jam (or goat cheese if you can have it), leftover raw veggies, and mandarin oranges</p> <p>Dinner: Foil Pack Dinners</p> <p>RECIPE: We do ground beef, potatoes, carrots, zucchini, onion, minced garlic, salt, and pepper with a healthy dollop of ketchup on top, but you can do whatever sounds good really. Throw everything in a piece of foil, seal it up tight, and cook over the fire until its done!</p> <p>TIP: cook your meat and boil your potatoes, carrots, and onions before you leave so that they cook much faster</p> <p>Dessert: S'mores</p> <p>Snacks: trail mix or protein bars. Apples and peanut butter</p>	<p>Breakfast: Campfire Cinnamon Rolls with leftover fruit + Coffee</p> <p>RECIPE: Use a can of crescent rolls, wrap them (thinly) around sticks and roast over a fire. Top with butter, cinnamon, and sugar.</p> <p>Lunch: leftover sandwich fixings and leftover fruit/veggies</p> <p>Dinner: Franks and Beans (in case you don't know: baked beans with cut up hot dogs thrown in) plus leftover fruits/veggies</p> <p>Dessert: S'Mores</p> <p>Snacks: trail mix or protein bars. Apples and peanut butter</p>	<ul style="list-style-type: none"> o Eggs o Butter or Butter Substitute o Can of Crescent Rolls o French Bread o Sandwich Bread (or you can just use the French bread) o Hot Dog Buns o Lunch Meat o Cheese slices o Tomatoes o Butter Lettuce o Baby Carrots o Carrots o Zucchini o Onions o Potatoes o Cut up raw veggies/Dip o Minced Garlic o Mandarin Oranges o Apples o Enough Hot Dogs for two meals o Ground Beef o Bacon o Condiments o Peanut Butter o Jelly o Can of Baked Beans o Cinnamon o Sugar o Trail Mix o Protein Bars o Ground Coffee o S'mores supplies o Wine/Beer o Aluminum Foil