

Fill in your camping trip menu for each day of your trip.

Day	Breakfast	Lunch	Dinner

Calculate the required quantities. Figure the quantity for one person then multiply by the number of people and the number of meals you are having that item. Most people figure 1/4 - 1/2 pound of meat per person for the main course depending on how much you are having with it.

Breakfast

Lunch

Dinner

take from home list

shopping list

Basic Camping Checklist

COOKING AND CLEANING ITEMS

- wash tubs
- dish drainer
- sponge
- scratch pad
- pot holders
- dish towels
- plates
- bowls
- knives
- forks
- spoons
- cutting board
- dish soap
- dutch oven/s
- coffee pot
- pitcher
- pot/s
- frying pan/s

UTENSILS

- standard spatula
- non stick spatula
- serving spoon
- serving fork
- spaghetti server
- peeler
- grater
- can opener
- garlic crusher
- cork screw
- grapefruit knife
- whisk
- paring knife
- butcher knife
- measuring cups
- measuring spoons
- knife sharpener

chuck box

catch-all

other camping stuff

STAPLES

- spices
- salt
- pepper
- garlic powder
- onion powder
- cajun seasoning
- olive/cooking oil

CANISTERS

- coffee
- hot chocolate
- flour
- bisquick
- powdered milk
- corn meal
- potato buds
- rice
- spaghetti/macaroni

DEVICES

- extra mantles
- canvas patch kit
- candle
- matches
- flash light
- lighter
- batteries

CANNED AND PAPER GOODS

- paper towels
- toilet paper
- sandwich bags
- trash bags
- food storage bags
- green chilies
- mushrooms
- olives
- jalapenos
- tomato paste
- tin foil
- paper plates
- plastic silverware
- napkins

PERSONAL ITEMS

- tooth brushes
- tooth paste
- floss
- comb/hair brush
- vitamins
- deodorant
- razor
- shaving cream
- hand lotion
- sun block
- insect repellent
- hand soap

FIRST AID KIT

- aspirin
- antacid
- hydrogen peroxide
- neosporin
- chap stick
- eye drops
- band aids
- gauze
- adhesive tape
- tweezers
- fingernail file
- nail clippers
- glasses repair kit

OTHER CAMPING STUFF

- camp stove
- propane
- lantern
- propane tree/hose
- cooking grate
- shovel
- tent
- sleeping bags
- padding/mattress
- chairs
- tarp
- rope bag
- day pack
- personal bags
- water
- ice chest
- ice

Courtesy of camping-tips.com - where you can find [tips](#), [tricks](#) and [ideas](#) for the tent camper and blueskykitchen.com - all about [chuck boxes](#), [grub boxes](#) and [camp kitchens](#)