



NPGS Niagara Peninsula Geological Society Field Trip Handy Info Sheet

Food for a camping field trip

What is the best food for camping?

- relatively extensive list - gleaned from a number of sources - your choice as to what you choose.
- Transports easily, lightweight, and sturdy enough not to get squished.
- More importantly, lasts - non-perishable / shelf stable - whether a couple of days or a few days.
- Nutritious & filling + quick / easy to make.

You will need a cooler (probably more than one, depending on length of field trip & strongly recommended that you use ice blocks (vs cubes)).

Beverages

- water (in bottles, frozen ahead of time, can be used like ice blocks to keep food cold)
- iced tea / coffee (like water bottles, made up ahead of time, frozen, and used as “ice blocks”)
- drink / fruit tetras (easiest to carry)
- coffee
- tea

Milk

- powdered milk (alternative or creamer in coffee, tea)

Eggs

- raw eggs (good for a week, if kept cool)
- boiled & hard boiled eggs (good for 2-4 days, if kept cool & well-packed)
- dehydrated eggs

Cheeses (hard / aged / young-ripened)

(loosely wrapped in paper & best to keep cool):

- Parmesan
- Romano
- Cheddar
- Gouda
- Babybel
- Brie
- Camembert

Staples, Herbs, & Spices

- cooking oil
- butter (keep cool)
- salt
- pepper
- cayenne pepper
- lemon pepper
- hot pepper flakes
- hot sauce
- garlic powder
- basil
- oregano
- thyme
- sage

- bay leaves
- dehydrated onions
- Herbs de Provence
- Dijon mustard
- soup mixes
- bouillon
- mayo, ketchup, mustard, relish, vinegar, soy sauce (best in single-serving packets)
- sugar
- honey

- maple syrup

- cinnamon

Breads & Starches

- bread (toast when stale)
- Bannock (campfire bread) (pack dry ingredients in a Ziploc)
- pita
- tortillas (soft)
- flatbreads
- crackers - any type
- instant stuffing
- instant potatoes
- rice cakes
- pasta
- noodles
- instant rice
- pre-cooked rice pouches

Meats & Fish

pre-frozen “fresh” meats, wrapped well in foil

- steaks
- burgers
- hot dogs
- chicken
- ham steaks
- salmon

canned:

- tuna & salmon (small cans)
- sardines (cans are small!)

cured meats:

- very dry salami



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- chorizo (or other "dry" sausage)
- prosciutto (or similar)
- beef jerky
- beans

also:

- spaghetti sauce (pre-packed & frozen in foil)
- chili (pre-packed & frozen in foil)

Spreads

- peanut butter
- cream cheese (keep cool)
- vegetable pâté (keep cool)

Veggies

- onions
- carrots & carrot sticks
- potatoes
- beets
- cabbage
- corn
- mushrooms (in paper bag)
- squash
- artichokes
- cucumber slices
- radishes
- cherry tomatoes
- bell pepper slices

Fruit

- apples
- oranges
- grapes
- berries

Cooking & Food Equipment:

- stove (gas or propane)
(best recommendation is a Coleman stove - instant heat & cooking)
- extra fuel (gas or propane)
- coffee maker (optional)
- lighter/matches
- lantern (gas or propane)
or flashlight w/ extra batteries
- skillet & 2 pots with lids
- pot holders
- aluminum foil
- sharp cooking knives
- cutting board
- spatula and tongs
- corkscrew/bottle opener
- can opener

- melon
- watermelon
- bananas (bruise easily - so pack well-padded - this takes up room)
- fruit & Jello (in small plastic containers- usually pak of 4 or 6) (wide variety) (Jello needs to be kept cool)
- dried fruits (apples, banana chips, prunes, cherries)

Desserts & Snacks

- oatmeal
- granola
- dry cereal
- instant hot cereals
- instant grits
- pancake mix
- pancake batter (mixed ahead of time, frozen in a freezer bag, then squeezed into a skillet)
- nuts (peanuts & almonds are best keepers)
- raisins
- figs
- dates
- granola/energy bars & cookies
- fig bars
- marshmallows
- graham crackers
- chocolate or chocolate-covered anything
- brownie batter (done same way as pancake batter)

- Ziploc bags
- utensils: spoons, knives & forks
- plates
- bowls
- cups
- dish soap
- scouring pad
- dish towel
- tablecloth
- flyswatter
- insect repellent/mosquito coils
- trash bags
- shovel
- small wood saw
- small ax
- rope