

Camping 101



MEAL SUGGESTIONS

FOR CAR CAMPING

BREAKFAST

Pancake mix (you can buy mix or make it from scratch and put in a Ziploc bag)
Pancake additions/toppings (fruit, nuts, syrup)
Bacon/sausage
Eggs (+ onion & whole bell pepper)
Butter or oil
Coffee/tea (creamer, sugar)

DINNER

Kebobs (onion, jalapeño, bell pepper, cherry tomato, pineapple, mushrooms + optional protein - sausage, steak, chicken)
Favorite seasoning
Sweet potato
Ash Cakes (we will provide ingredients for these)

FOR ANY CAMPING

SNACKS

Fruit (dried or fresh)
Dried meat
Nuts and/or Trail Mix
Energy bars
Something that will make you smile

LUNCH

Something easy to throw in your backpack!
(sandwich, leftovers)
Fruits & veggies
Your favorite snack

FOR BACKPACKING

BREAKFAST

Instant oatmeal with
-Fruit (dried or fresh)
-Nuts
-Cinnamon
-Sugar
Instant coffee/tea

DINNER

Mac & Cheese (vegan, gluten free options!)
Canned sweet peas
Tuna (or other easily packable protein)
Favorite seasoning (in tiny amounts)

DESSERTS

S'MORES

An all-time camping classic

Graham crackers, marshmallow, chocolate
You can customize your s'more to fit your dietary needs! If you prefer vegan marshmallows and/or chocolate, or gluten free graham crackers, ask about these at your local grocery store.

BANANA BOATS

Our favorite alternative to s'mores (think fire roasted banana split)

Unpeeled ripe banana, chocolate chips, shredded coconut, crushed nuts (+ any other topping you love)



EARTH NATIVE
WILDERNESS SCHOOL