

Packing List

Food (page 1)

Breakfast

- Corn flakes
- Bran flakes
- Cheerios
- Oatmeal (old fashioned)
- Oatmeal (quick)
- Shredded wheat
- Granola
- Fig bars
- Raisins
- _____

Lunch

- Bread
- Peanut Butter
- Grape Jelly
- _____

Snacks

- Granola Bars
- Peanuts
- Raisins
- Pretzels
- Chips
- Crackers
- Cookies
- Applesauce
- Fruit snacks
- Rice Cakes
- _____
- _____

Supper #1

- Macaroni & Cheese
- Nacho Chips
- Canned chili
- _____

Supper #2

- Spaghetti
- GF Spaghetti
- Spaghetti sauce
- _____

Supper #3

- Canned soup (Campbell's Chunky)
- Ramen
- Instant rice
- _____

Supper #4

- Ramen instant lunches
- (Hot dogs, condiments, etc. in cooler)
- _____

Supper #5

- Canned chili
- Canned hash
- Penne/GF penne
- _____
- _____

Packing List

Food (page 2)

Supper #6

- Canned ravioli
- Canned baked beans
- Canned chicken a la king
- Canned macaroni & cheese
- _____

Supper #7

- Canned beef stew
- Canned chicken 'n' dumplings
- Instant rice
- _____

Drinks

- Water bottles (personal)
- Water bottles (extra)
- Soda (pop)
- Water drink packets (Skittles)
- Water jugs (big & small)
- _____

Cooking Tools

- Stoves
- Propane canisters
- Matches
- Pots & pans
- Strainer (to drain pasta)
- Hot pads
- Measuring cup (rice, water, etc.)
- Dish soap
- Dish towels
- Dish brush
- Paper towels

Cooler

- Ice (preferably frozen in jugs)
- Milk
- Strawberry jelly
- Fruit (apples, oranges, etc.)
- Carrots
- Celery
- Cucumbers
- Gluten-free bread
- Margarine or butter (for macaroni & cheese)
- Parmesan cheese (for spaghetti)
- Hot dogs
- Ketchup
- Mustard
- Mayonnaise
- Cheese blocks
- String cheese
- Bologna
- Supper for driving meals
- _____

Cooking Tools (pt. 2)

- Paper plates
- Disposable bowls (for soups)
- Breakfast bowls (plastic)
- Silverware (forks, spoons, knives)
- Sharp knives
- Peeler
- Pot lifters
- Tongs
- Tablecloth
- _____

Packing List

Gear

Camping Gear

- Sleeping bags
- Foam pads
- Pillows
- Blankets
- Curtains for van windows
- Tarp(s)
- Tent or hammock
- Tent poles
- Tent stakes
- Ropes for tent/hammock
- Hammock bug screen
- Flashlights/headlamps
- Lanterns
- Flashlight batteries or charging cord
- Towels
- Washcloths
- Clothesline
- Hammer
- Hatchet
- Shovel
- Binder clips (for hanging anything and everything)
- Frisbee
- _____

Hiking Gear

- Climbing rope
- Day packs/waist packs
- Hiking poles
- _____

Cameras/Tech

- Cameras
- Extra batteries
- Battery chargers
- Memory cards
- Tripods
- Camera bags
- Camera vest
- Camera repair kit/lens cleaner
- Camera lens filters/extra lens caps
- Hiking GPS
- Hiking GPS charger & extra battery
- GPS bag
- Car GPS
- Car GPS cord
- Power inverter
- 3-way outlet
- Phone(s)
- Phone charger(s)
- Binoculars
- _____

Bike Gear

- Bicycles
- Tire repair kit
- Bike tools
- Air pump
- Bike vests
- Bike gloves
- Helmets
- Bike lock/chain
- _____

Packing List

Clothing & Toiletries

Clothing

- Shirts (short-sleeved)
- Shirts (long-sleeved)
- Quick-dry pants
- Shorts
- Underclothing
- Socks
- Hiking socks
- Shoes/hiking boots
- Extra shoes/hiking boots
- Camp shoes/sandals
- Hooded sweatshirts
- Windbreakers
- Hats
- Rain gear
- Winter coats
- Winter gear (hats, mittens, etc.)
- Bathing suits
- Sunglasses
- Water shoes
- Knee braces
- Laundry bags
- _____

Toiletries

- Toothbrushes
- Toothpaste
- Dental floss
- Orthodontic retainers/night guard
- Deodorant
- Biodegradable soap
- First aid kit

Toiletries (cont.)

- Shampoo/conditioner
- Hippie hairspray
- Brushes
- Combs
- Hair accessories
- Glasses cases
- Contact solution & case
- Reading glasses
- Spare glasses
- Hearing aids
- Hearing aid charger/extra batteries
- Sleeping masks
- Cough drops
- Tums
- Supplements/medications
- Dairy pills
- Hand lotion
- Bug spray
- Sunscreen
- Aloe vera lotion
- Lip balm
- Antibiotic ointment
- Anti-itch cream
- Orajel
- Tylenol
- Ibuprofen
- Cold medications
- Adhesive bandages (band-aids)
- Period stuff
- Toilet paper
- _____
- _____

