



# Back Country Food Checklist

\* This is just a guideline so you can substitute, add and choose a menu to suit you and any special dietary requirements.

## Freeze-dried items:

- Black beans & rice
- 3 Bean chili
- Cheese enchilada
- Chicken & rice
- Fettucini primavera
- Lasagna w/meat sauce
- Lasagna - 3 cheese
- Lasagna - zucchini
- Scrambled eggs
- Spaghetti w/meat sauce
- Spaghetti marinara
- Turkey tetrazini

## Fresh food items:

- Bacon
- Mini ham
- Pork chops
- Salami
- Steak
- Velveeta or Block cheese
- Fresh fruit
- Fresh potatoes
- Fresh onions
- Assorted fresh vegetables

## Desserts:

- Strawberry cheesecake
- 3 Berry cobbler
- Cookies
- Instant pudding
- Dried fruit (assorted)

## Dried Food Items:

- Flapjacks
- Bisquick
- Milk (powdered)
- Red river cereal
- Cream of wheat
- Instant oats
- Instant potatoes
- Mac & cheese
- Soups
- Corn - freeze dried
- Green beans - freeze dried
- Peas - freeze dried

## Staples:

- Fruit Drink mix
- Tea
- Cocoa/hot chocolate
- Coffee - instant
- Coffee - regular
- Coffeemate

## Staples, Continued:

- Bread &/or wraps
- Cooking oil
- Crisco
- Butter
- Margarine
- Real lemon
- Jam
- Peanut butter
- Sugar
- Syrup
- Fish mix - Pierre's
- Garlic powder
- Salt & pepper
- Cinnamon powder
- Mustard
- Ketsup

## Cleaning / Supplies:

- Dish towel
- J-cloth & scrubber
- Scotchbrite pad
- Soap (liquid biodegradable)
- Lighter
- Matches
- Toilet paper



# Back Country Food Checklist

\* This is just a guideline so you can substitute, add and choose a menu to suit you and any special dietary requirements.

## Freeze-dried items:

- Black beans & rice
- 3 Bean chili
- Cheese enchilada
- Chicken & rice
- Fettucini primavera
- Lasagna w/meat sauce
- Lasagna - 3 cheese
- Lasagna - zucchini
- Scrambled eggs
- Spaghetti w/meat sauce
- Spaghetti marinara
- Turkey tetrazini

## Fresh food items:

- Bacon
- Mini ham
- Pork chops
- Salami
- Steak
- Velveeta or Block cheese
- Fresh fruit
- Fresh potatoes
- Fresh onions
- Assorted fresh vegetables

## Desserts:

- Strawberry cheesecake
- 3 Berry cobbler
- Cookies
- Instant pudding
- Dried fruit (assorted)

## Dried Food Items:

- Flapjacks
- Bisquick
- Milk (powdered)
- Red river cereal
- Cream of wheat
- Instant oats
- Instant potatoes
- Mac & cheese
- Soups
- Corn - freeze dried
- Green beans - freeze dried
- Peas - freeze dried

## Staples:

- Fruit Drink mix
- Tea
- Cocoa/hot chocolate
- Coffee - instant
- Coffee - regular
- Coffeemate

## Staples, Continued:

- Bread &/or wraps
- Cooking oil
- Crisco
- Butter
- Margarine
- Real lemon
- Jam
- Peanut Butter
- Sugar
- Syrup
- Fish Mix - Pierre's
- Garlic powder
- Salt & pepper
- Cinnamon powder
- Mustard
- Ketsup

## Cleaning / Supplies:

- Dish towel
- J-cloth & scrubber
- Scotchbrite pad
- Soap (liquid biodegradable)
- Lighter
- Matches
- Toilet paper