

# Food + Shopping List

Backcountry Camping

3-day / 2-night

## Shopping List

- 1 medium sized dried salami
- 1 block of cheese
- 1.5 cups of grapes
- Crackers
- Steak
- Handful of mini potatoes
- Asparagus
- 1.5 cups of butter
- 4 garlic cloves
- Salt
- Pepper
- 8 tea bags
- Marshmallows
- 6 slices of bread
- 6 eggs
- 1 green apples
- 1.5 chocolate bars
- Tomato paste
- 1 small onion
- Graham crackers
- Pizza crusts (make them in advance)
- Pancake mix (check package details)

## Breakdown by Day + Meal

### Friday

#### Lunch

- Salami
- Cheese
- Crackers
- Grapes

#### Dinner

- Steak
- Mini potatoes
- Asparagus
- Salt
- Pepper

- Oil or butter
- Garlic cloves
- Tea

#### Snacks

- Dark chocolate
- Graham crackers
- Marshmallows
- Tea

### Saturday

#### Breakfast

- Eggs x2
- Slices of bread x2
- Salt
- Pepper
- Butter
- Tea

#### Lunch

- Slices of bread x2
- Cheese
- Green apple

#### Supper

- Pre-made pizza crust
- Tomato sauce
- Onion
- Green pepper
- Cheese
- Salami
- Tea

#### Snacks

- Tea
- Dark chocolate
- Graham crackers
- Marshmallows

### Sunday

#### Breakfast

- Pancake
- Butter (pancake mix)
- Eggs x2 (pancake mix)
- Syrup
- Dark chocolate