

Camping/Hiking Meal Planning Template

Trip Details

- Location:
- Dates:
- Number of People:

Daily Meal Plan

Day	Meal	Menu Ideas	Ingredients & Quantity	Preparation Instructions	Notes (Allergies, Preferences)
Day 1	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Dessert				
Day 2	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Dessert				
Day 3	Breakfast				
	Snack				
	Lunch				
	Snack				
	Dinner				
	Dessert				

Grocery List

Ingredient Quantity Needed Notes

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Equipment Checklist

Item	Quantity	Notes
Portable Stove		
Fuel		
Cooking Utensils		
Cooler/Ice Packs		
Water Bottles/Filters		
Mess Kit (Plates, Bowls, etc)		
Food Storage (Bags, Containers)		
Campfire Cooking Grate		Optional, if planning to cook on fire
Cutting Board/Knife		

Cleanup Supplies (Soap, Sponge, etc)

Additional Notes

- **Water Sources:**
 - **Emergency Contacts:**
 - **Special Dietary Needs:**
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Sample Menus

Day 1:

- **Breakfast:** Oatmeal with dried fruit and nuts
 - **Ingredients:** Instant oatmeal packets, dried fruit, nuts, honey
 - **Preparation:** Boil water, mix with oatmeal, add toppings.
- **Snack:** Trail mix
 - **Ingredients:** Mixed nuts, dried fruit, chocolate chips
 - **Preparation:** Pre-mix in a bag.
- **Lunch:** Peanut butter and jelly sandwiches
 - **Ingredients:** Bread, peanut butter, jelly
 - **Preparation:** Assemble sandwiches.
- **Snack:** Granola bars
 - **Ingredients:** Store-bought or homemade granola bars
 - **Preparation:** Ready-to-eat.

- **Dinner:** Grilled sausages with bell peppers
 - **Ingredients:** Sausages, bell peppers, onions, buns
 - **Preparation:** Grill sausages and veggies, serve on buns.
- **Dessert:** S'mores
 - **Ingredients:** Graham crackers, chocolate, marshmallows
 - **Preparation:** Roast marshmallows over the fire, assemble s'mores.

Day 2:

- **Breakfast:** Pancakes with maple syrup
 - **Ingredients:** Pancake mix, water, maple syrup
 - **Preparation:** Mix batter with water, cook on a portable stove.
- **Snack:** Fresh fruit
 - **Ingredients:** Apples, oranges, bananas
 - **Preparation:** Ready-to-eat.
- **Lunch:** Hummus and veggie wraps
 - **Ingredients:** Tortillas, hummus, assorted veggies
 - **Preparation:** Spread hummus on tortillas, add veggies, roll up.
- **Snack:** Cheese and crackers
 - **Ingredients:** Cheese slices, crackers
 - **Preparation:** Ready-to-eat.
- **Dinner:** Foil packet chicken and veggies
 - **Ingredients:** Chicken breasts, assorted veggies, olive oil, seasoning
 - **Preparation:** Wrap ingredients in foil, cook over coals or grill.
- **Dessert:** Chocolate chip cookies
 - **Ingredients:** Store-bought or homemade cookies
 - **Preparation:** Ready-to-eat.

Feel free to adjust the menus and lists to fit the specific needs and preferences of your group. Enjoy your camping or hiking adventure!