

OneTable Noshpitality - Camping and Outdoor Cooking Guide

By Scott Bratt

1) Basic Camping Gear (2-6 people)

a) Personal Items

- i) headlamp/flashlight
- ii) 2x water bottles
- iii) Lightweight long pants
- iv) Lightweight long sleeve shirt
- v) Hat (more coverage the better)
- vi) 2x underwear
- vii) 2x socks
- viii) Shoes for hiking
- ix) Shoes for camp/lounging
- x) Warm hat/beanie
- xi) book/kindle
- xii) Warm jacket for nighttime
- xiii) Toiletries in a sealable bag
- xiv) Your own toilet paper

b) Backpack -

- i) Tent
- ii) Sleeping Pad
- iii) Sleeping Bag
- iv) Dining Fly or Tarp

c) Camp Setup Bag - very useful if you have a half-sized reusable shopping bag (lulemon makes these in a very durable material)

- (1) Hammer for putting tent stakes into stubborn ground
- (2) Extra tent stakes for setting up dining fly, hammock cover, etc
- (3) 100ft of paracord for various tasks
- (4) Folding Saw or hatchet for tackling firewood that won't fit into a fire-ring
- (5) Foldable water jug (5+ gallons)
- (6) Toilet paper in a ziploc bag
- (7) Hand sanitizer in a ziploc bag
- (8) Trowel or garden shovel for backcountry toilet
- (9) Sunscreen and bug repellent as needed
- (10) Lanterns and light source

d) Kitchen Box and Stove -

i) Cookware -

- (1) 1 large pot (1.5 liters) with lid. Many camping cookware comes with tops that include strainers.
- (2) Medium cutting board. If you know there will be a lot of cutting prep, bring two
- (3) Medium kitchen knife - ones that come with plastic covers are best
- (4) Small serrated knife - great for cutting bread, tomatoes or tough meat

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- (5) Silicone or plastic spatula for turning pancakes, eggs, stir fry, etc.
 - (6) Large spoon for stirring. Plastic and metal are easier to clean than wood.
 - (7) 1 smaller pot with lid for cooking and keeping dishes hot.
 - (8) 2-3 medium to large sized tupperware for storing uneaten food or keeping parts of meals hot while you prepare other parts. It is a good idea to use these for packing pre-prepared foods in your cooler or pantry.
 - (9) Oven Mitts - get used ones and a ziploc to keep them in, they get dirty quick. This is also very helpful when moving hot pots off of a fire or grill, or generally working with a campfire.
 - (10) Double Burner Stove - may or may not fit into your box. Keep fuel in sealed containers away from the fire!
- ii) Servingware - always best to have folks bring their own plate, fork, knife, spoon and cup/mug/bottle. A great alternative for feeding 10+ people is compostable stuff. Not the cheapest but makes cleanup easy.
- (1) You will need some sort of large spoon and potentially tongs to get things onto people's plates.
 - (2) Cheap plastic chargers or large plates are useful for piling completed meal items onto
 - (3) Roll or two of paper towels. You can burn these when they are dirty.
- iii) Cleanup -
- (1) Keep a small bottle of dish soap (you can re-use travel shampoo bottles for this) plus
 - (2) 1-2 green brillo pads in a used tupperware with a strong closure for the top. This will need extra attention when you get back home, moisture invites mildew.
 - (3) Disposable exam gloves for those of you who don't want to get your hands icky or for pots that you put directly on fire-grates that have soot all over them.
 - (4) Roll of good, durable trash bags. These have many uses aside from hauling trash.
- e) Pantry Box - this needs to be closable and easily put away in a car or bear box every night. All dry foods and anything else related to cooking or preparation lives in this box.
- i) Spice Box/Bag
- (1) Cooking/olive oil. Make sure its in a container that closes well. And put it in a ziploc. Oil inside your box is no good
 - (2) Salt, pepper, sugar
 - (3) Premixed spices for specific dishes
 - (4) Tea bags and instant coffee (single serving packets)

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- ii) Other dry goods - always remove them from their packaging or box, and only take portions according to your menu.
 - (1) Instant oatmeal for a quick breakfast
 - (2) A few ramen packages (great for if folks arrive very late and everything else is put up)
 - (3) Box of granola bars and other trail mix type snacks.
 - (4) Powdered drink options
 - iii) Sealed ingredients (can of beans, jar of pasta sauce, etc)
 - iv) Fruit and other soft items should go on top.
- f) Cooler - When planning a camping trip try and have the minimal number of items that need to be kept cold for meals. Also be thinking about when and what you are rotating through the cooler (i.e. eating all the foil packs out of the cooler night 1, but will need to store breakfast and lunch leftovers on day 2) Also organize your cooler so that the items you will need first (dinner) are on top, and meat and items for later (3rd day) are on the bottom
- g) Beach Bag - General purpose for hauling around things. Keep items in it you know you may need accessible for returning to the car from a day hike, general use around camp (extra towels, sunscreen, extra water bottles)
- 2) Advanced Gear and Preparations for 10+
- a) Location
 - i) Reservations (recreation.gov in February)
 - ii) directions for guests (signs, balloons, scavenger hunt)
 - b) Duffel -
 - i) Second shelter or large tarp for workspace and lounge area. With larger groups make sure you have a separate cooking space, and eating/loungin space.
 - ii) Extra chairs, hammock, and extra items for lounging
 - c) Kitchen Box -
 - i) Cookware - Dutch Oven or Larger Scale skillet, griddle top, or cast iron. Larger cookware = larger production
 - ii) Servingware - Just make sure you have enough spatulas/spoons/etc for each menu item you are serving, remembering that you may be able to use some of the cookware to put stuff on people's plate.
 - iii) Cleanup
 - d) Stove, Dutch Oven or Outdoor Grill
 - e) Pantry Box - may need two to store bulkier items like bags of chips or loaves of bread.
 - f) Cooler 1 - Food items
 - g) Cooler 2 - Beer, pre-made cocktails, ice for use, other drinks.

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- h) Cooler 3 - ice for distribution over the wknd
- i) Other Big Items: Lawn games, communal water cooler, Firewood,
- j) Activities - bikes, boats, SUPs,