

The Ultimate List of Shelf-stable Foods to Keep Stocked in Your Camp Kitchen

This ultimate list is designed to help you customize the perfect camp kitchen setup. Depending on your food preferences, camping style and gear, not everything here will be necessary, but it's a great resource to build your own ideal list.

Pro Tip: Label your camp kitchen food bin with a list of your staples - it makes restocking quick and easy!

Note: Some items appear under multiple categories

Breakfast Staples

- Oatmeal
- Granola or cereal
- Powdered pancake mix
- Chia seeds
- Coffee
- Tea

Drinks

- Coffee (*lightweight campers: consider instant or single-serve drip bags*)
- Tea bags or herbal teas
- Hot chocolate mix
- Apple cider mix
- Electrolyte powder
- Protein drink powder

Snacks

- Popcorn
- Energy and/or granola bars
- Energy gels & chews
- Trail mix
- Pretzels or chips
- Rice cakes
- Cookies
- Chocolate
- Marshmallows

Grains & Carbs

- Pasta or noodles
- Instant couscous
- Instant quinoa
- Instant rice
- Instant or quick cooking potatoes
- Tortillas, pitas, or bagels
- Rice wraps
- Crackers

Dairy & Alternatives

- Shelf-stable milk
- Powdered milk and/or creamers
- Ghee or shelf-stable butter packets
- Powdered cheese
- Freeze-dried cheese

Proteins

- Canned or pouched meat
- Jerky
- Shelf-stable tofu
- Seeds & nuts
- Dry lentils or beans
- Instant bone-broth
- Powdered eggs

Dried & Dehydrated Foods

- Dehydrated or freeze-dried fruits
- Dehydrated or freeze-dried vegetables
- Dehydrated or freeze-dried proteins
- Freeze-dried meals and snacks

Canned, Jarred & Bag Sealed Foods

- Canned/jarred proteins
- Canned/jarred vegetables
- Canned/jarred fruits
- Canned/jarred soups, stews or chili
- Canned/jarred nut and seed spreads and butters
- Canned/jarred sauces

Fats & Oils

- Cooking oil
- Ghee and/or shelf-stable butter packets

Accompaniments

- **Staple seasonings and spices, such as:**
 - Salt
 - Pepper
 - Garlic powder
 - Paprika
 - Cinnamon
 - Crushed red pepper flakes
- **Staple sauces, such as:**
 - Ketchup
 - Mustard
 - Mayo
 - Hot sauce
 - Soy sauce
- **Sweeteners, such as:**
 - Sugar
 - Honey
 - Maple Syrup
- **Accompaniments, such as:**
 - Nut butters
 - Jams & jellies

