

CAMP FOOD PREP AT HOME

THINGS TO DO

An hour in your kitchen saves the whole weekend at a wobbly camp table.

1 PLAN, TEN MINUTES

- ☐ Write the menu, one line per meal
nothing needing more than one pot
- ☐ First night is pre-cooked at home
curry, bolognese or chilli, reheated
- ☐ Lunches are assembly, not cooking
wraps, crackers, cheese, fruit
- ☐ Check fire rules before planning
the stove is the plan, the fire is a treat

2 PREP, THE DAY BEFORE

- ☐ Chill or freeze everything overnight
the esky keeps food cold, it cannot make it cold
- ☐ Freeze meat flat in zip-lock bags
it packs better and works as ice
- ☐ Freeze drinking water bottles
ice day one, cold water day two
- ☐ Pre-chop veg, pre-mix batter
- ☐ Portion snacks into bags
one grab, no packets blowing away

3 PACK THE ESKY, LAST

- ☐ Freezer blocks over loose ice
less melt, no contaminated drip
- ☐ Raw meat sealed, at the bottom
never dripping on ready-to-eat food
- ☐ Two eskies: drinks in one, food in other
the food esky stays days colder
- ☐ Coolest part of the car, shaded at camp

THE TWO RULES AT CAMP

5°C: cold food stays at or below it, keep the ice up and the lid shut. 2 hours: perishable food out longer than that goes in the bin, not back in the esky.