

Suggestions for bringing 6 days of dinner, and other camping ideas:

FOOD

- Bring 1 cooler with each meal already cut up, and assembled. The easiest way to cook when camping is on the fire (you are going to have a fire no matter the situation.) Doing tin foil dinner (poor boy dinners, as some call them) is not only delicious, but easy.
 - o -Cut up all ingredients (any meat, potatoes, carrots, celery, cabbage, onions, etc that you want) and any sauces (condensed soup, home made sauce, gravy, etc)
 - o -Put them in the middle of a heavy duty piece of foil large enough to generously fold over the sides. I usually wrap them two or three times (flipping them each time) to ensure the stuff inside doesn't come out.
 - o -Then bag them each in their own quart (or larger depending on how much you put in) zipper bag and put them in the freezer. I take them out when ready to pack the cooler, except for ONE meal which I take out the night before and put in the fridge to thaw for the first night meal)
- If you aren't going to do foil dinners, it's still best and easiest to have all your food cut up the way you will be cooking it. I even precook ALL meats. It just ensures a less messy way to do it and fewer supplies that I will end up taking camping.
- If you want, you can get some freeze dried meals of your choice for camping. These are a great alternative.
- Since you will most likely be packing for one or two people, also put whatever beverages in your cooler. I usually take half gallons of beverages instead of full gallons.
- Bring a 5 gallon water jug for yourself. You will be drinking a lot of water.

Gear

- Bring cool weather clothes and a great jacket. Weather should be warm, but nights will be cooler. Make sure your sleeping gear is appropriate.
- Average night temp for June is 45 degrees, July 50 degrees and August 55 degrees. You want to sleep exceptionally well for the processes we will do, so don't skimp on the sleeping luxuries! Bring plenty to keep warm and comfortable. Most people own an air mattress or know someone who does. Make sure it fits in your tent!
- Bring a notebook and a couple pens or pencils!
- Bring a comfortable camping chair
- Bring a yoga mat or meditation pillow