



Back Country Food Checklist

This is just a guideline so you can substitute, add and choose a menu to suit you and any special dietary requirements.

Freeze-dried items:

- Black beans & rice
- 3 Bean chili
- Cheese enchilada
- Chicken & rice
- Fettucini primavera
- Lasagna w/meat sauce
- Lasagna – 3 cheese
- Lasagna – zucchini
- Scrambled eggs
- Spaghetti w/meat sauce
- Spaghetti marinara
- Turkey tetrazini

Vegetables:

- Corn
- Green beans
- Peas

Desserts:

- Strawberry cheesecake
- 3 Berry cobbler
- Dried food items:
- Flapjacks
- Bisquick
- Milk (powdered)
- Red river cereal
- Cream of wheat
- Instant oats
- Instant potatoes
- Instant pudding
- Dried fruit (assorted)
- Mac & cheese
- Soups

Fresh food items:

- Bacon
- Mini ham
- Pork chops
- Salami
- Steak
- Velveeta cheese
- Fresh fruit
- Fresh potatoes
- Fresh onions

Staples:

- Bread
- Butter
- Cinnamon powder
- Cocoa/hot chocolate
- Coffee – instant
- Coffee – regular
- Coffeemate
- Cookies
- Cooking oil
- Crisco
- Dish towel
- Fish mix – pierre's
- Fruit drink
- Garlic powder
- Jam
- Ketsup
- J-cloth & scrubber
- Lighter
- Matches
- Margarine
- Mustard
- Peanut butter
- Real lemon
- Salt & pepper
- Scotchbrite pad
- Soap (liquid)
- Sugar
- Syrup
- Tea
- Toilet paper