

The Camping Detective Grocery List:

Main Meal/Dinner Items:

- steak
- chicken (legs or wings)
- bratwurst (smoked Bavarian)
- ground meat (beef or bison)
- rice
- spaghetti
- potatoes
- quinoa
- couscous
- tortillas (to make wraps)
- black beans (canned)
- tomatoes
- lettuce
- onion
- garlic
- red pepper
- zucchini

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Lunch Items:

- bread (rye or multi-grain)
- salami (cured)
- ham/prosciutto
- turkey (oven roasted)
- tuna fish (canned)
- cheese-havarti
- cheese-muenster
- butter

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Breakfast Items:

- oatmeal
- cereal (granola)
- bananas
- apples
- oranges
- strawberries
- raspberries
- blueberries
- peaches
- eggs
- bread (French toast)
- maple syrup
- yogurt/kefir
- coffee/espresso
- tea (green)
- juice/breakfast drink
- milk

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Herbs/spices:

- salt & pepper
- Lawry's seasoning
- red Chile flakes
- thyme
- rosemary
- soy sauce (low sodium)

Drinks:

- adult beverages
- water (bottled)
- energy drinks
- sports drinks
- juices
- carbonated drinks (soda/pop)

Snacks:

- clif bars (choc almond fudge)
- Snyder's pretzel nuggets
- chips/salsa

Other Items:

- insect repellent
- matches/lighter
- ice for cooler
- fuel for the stove
- batteries (flashlight)
- paper towel

**Grocery items we may have missed:**

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