Camping No Fridge Food List

*Some items need refrigeration after opening

Protein

- [ ] Canned Tuna
- [ ] Canned Chicken
- [ ] Canned Salmon
- [ ] Shrimp
- [ ] Spam
- [ ] Sardines
- [ ] Bacon Bits
- [ ] Canned Beans
- [ ] Hard Cheese

Nuts & Seeds

- [ ] Pumpkin Seeds
- [ ] Sunflower Seeds
- [ ] Pine Nuts
- [ ] Almonds
- [ ] Cashews
- [ ] Pistachios

Grains

- [ ] Pasta
- [ ] Wild Rice
- [ ] Couscous
- [ ] Quinoa
- [ ] Oats
- [ ] Polenta
- [ ] Farro
- [ ] Buckwheat
- [ ] Bread loaves

Instant Meals

- [ ] Instant Noodles
- [ ] Instant Rice
- [ ] Instant Potatoes
- [ ] Dehydrated Soups
- [ ] Macaroni and Cheese
- [ ] Instant Pancake Mix

Condiments

- [ ] Powdered or Boxed Milk
- [ ] Ketchup
- [ ] Yellow Mustard
- [ ] Mayonnaise Packets
- [ ] Olive Oil + Cooking Oil
- [ ] Vinegar
- [ ] BBQ Sauce (vinegar base)
- [ ] Hot Sauce
- [ ] Nut Butters
- [ ] Honey
- [ ] Maple Syrup
- [ ] Salad Dressing Packets
- [ ] Fresh Herbs
- [ ] Spices & Seasonings
- [ ] Salt & Pepper
- [ ] Pasteurized Salted Butter

Junk Food & Snacks

- [ ] Trail Mix
- [ ] Crackers
- [ ] Marshmallows
- [ ] Chocolate Bars
- [ ] Chips
- [ ] Cookies
- [ ] Pop Tarts
- [ ] Snack Cakes
- [ ] Beef Jerky
- [ ] Popcorn
- [ ] Fruit Snacks
- [ ] Energy Bars
- [ ] Granola Bars
- [ ] Pudding Cups
- [ ] Jello Cups

Fruits & Veggies

- [ ] Dried Fruit
- [ ] Fruit Cups
- [ ] Olive Packets
- [ ] Dry Beans
- [ ] Tomatoes
- [ ] Onion
- [ ] Potatoes
- [ ] Artichokes Hearts
- [ ] Banana
- [ ] Apples
- [ ] Oranges
- [ ] Mango
- [ ] Lemon
- [ ] Pears
- [ ] Avacado
- [ ] Kiwi
- [ ] Melon
- [ ] Pineapple