

Troop 554 Patrol Campout Planner

Name	Attending	Paid
PL		
APL		
3		
4		
5		
6		
7		
8		

Saturday
Breakfast Main _____

Drink _____
Notes _____

Lunch Main _____

Dinner	Main	<hr/>
	Side 1	<hr/>
	Side 2	<hr/>
	Drink	<hr/>
	Desert	<hr/>
	Notes	<hr/>

Sunday	
Breakfast	Main

Drink	_____
Notes	_____

SPL Signature:

SM Signature:

Patrol: _____

Date: _____

Destination: _____

Food Buy Location:

Food Buy Time:

Shopping List

	Have	Need
Paper Towels		
Aluminum Foil		
Hand Cleaner		
Trash Bags		

Grocery List

Remember the 13th Point of the Scout Law: “A Scout is Hungry.”

Eating well is not just part of the fun of camping. It is most important to eat well in order to replace the energy used in the hiking activities that busy Scouts are prone to do. Meal planning is not hard – no Scout ever came home from the weekend campout malnourished. The Patrol should agree to try new meals – not please every palate. Build consensus and excitement in your meal planning activity. Not everyone will agree to every meal plan, and like at school, they will eat whatever is provided. Don't go overboard; if you haven't tried it at home, your patrol may not appreciate your efforts. Recognize your Patrol's skill level and work to improve it.

Please take special note of any dietary needs of the Scouts and Adults. Allergies to foods are common, like peanuts, strawberries, flour products, etc.

Don't forget the duty roster. It will save time in determining who is doing what on the campout.

Considerations for Planning Meals

Breakfast – The MOST important meal of the day. Eggs are quick and easy to prepare and packed with protein. Try “EggBeaters” if you don't want to carry a bunch of real eggs. Flour tortillas make good wrappers for anything. Limit the sugars at breakfast or you will be hungry by 10am. Plan a big breakfast on Saturday and something easy on Sunday to minimize cleanup.

Lunch – Remember you will be very busy during the day. Planning an elaborate lunch will leave you in camp while the other Patrols are back at the activities. Cold sandwiches / wrap, hot dogs, chef salad, or boil-in-bag meals will get you in and out quickly with very little mess.

Snacks – Plan for hunger at about 3pm. Bring trail mix, jerky, fruit, lemonade, tea – something to hold you until dinner.

Dinner – This is the meal to really show-off your cooking skills! Be creative – don't repeat the same tired old Mac-N-Cheese dish you've had at every campout. Try Dutch Oven cooking or a one pot meal.

Pre-grill chicken and make fajitas. Try not to repeat. Learn a new dish. Don't forget the big dessert, you've earned it.

Drinks – NO Soda! Your body needs WATER to rehydrate, sodas won't do that. Bring Country Time Lemonade or Gatorade mix and make your own flavored drink. The extra powdered mix can be saved for future campouts. A Scout is Thrifty.

Keep your chuck box clean – Stock with non-perishables like salt, pepper, spices, foil, paper towels, hand cleaner, trash bags, etc.

Use your mess kit – No paper plates, disposable cups, or utensils. Remember “Leave No Trace.”

One-pot meals are your friend – Pick a meat, a couple of veggies, sauce, seasoning, and you're done. Get fancy and include a rice or pasta. Cook the meat first and then warm the rest. Ground beef with Sloppy Joe or BBQ sauce, green beans and corn, and a slice of toast is a good one pot meal. Try it in the Dutch Oven. Look up lots of great recipes on the web.

Instructions for Buying Food

Scouts – The shopping list should have some of the more common items identified. The items required in the chuck box are listed in the first section of the shopping list. List all items needed for food in the lower section of the shopping list. Make sure to keep in mind your budget when buying food. Frozen items are typically cheaper than fresh when it comes to meats. Powdered drinks go a lot farther for your money than pre-bottled drinks. Store brand items are typically cheaper than the name brand items.

Parents – Look over the items that they are buying and the menu that they have planned. Make sure they are shopping responsibly and within the \$10 per person budget. Don't be afraid to offer suggestions to the Patrol.

Patrol Duty Roster

	Fire / Water	Cook	Clean
Saturday Breakfast			
Saturday Lunch			
Saturday Dinner			
Sunday Breakfast			