Food and Equipment Packing List for Trips

	Food
	Water
	Ice
	Sunday
	(B)
	(L)
	(D)
	Monday
	(B)
	(L)
	(D)
	Tuesday
	(B)
	(L)
	(D)
	Wednesday
	(B)
	(L)
	(D)
	Thursday
	(B)
	(L)
	(D)
	Friday
	(B)
	(L)
	(D)
	Saturday
	(B)
	(L)
	(D)
	Meat: refrigerated, frozen, canned
	Vegetables: frozen, canned, fresh
	Fruit: frozen, canned, fresh, dried
	Canned: Soups, stews, beans
	Pre-made entrees
	Breads, cereals, biscuit mix, muffin mix
	Dry skim milk powder
	Spices, canola/olive oil, non-stick spray
	Nuts, white sugar, brown sugar
	Peanut butter and jelly
	Dairy products: yogurt, cheese, sour cream, cream cheese, eggs

	Equipment:
	Water jug
	Ice cooler / ice chest
	Ice maker
	Plates (microwavable)
	Bowls - eating, mixing
	Utensils: eating (fork, spoon, knife)
	Utensils: cooking
	Knives - steak, paring
	Cooking:
	Inverter
	Electric skillet and cord
	Microwave oven
	Jet Stream oven
	Toaster over
	Crock pot
	Grill: charcoal or gas
	Cleaning:
	Baby wipes
	Dishwashing liquid
	Dish cloths
	Dish towels
	Storage:
	Mason jars
	Snapware for ice chest
	Sealable storage bags or container
	Snacks:
	Pretzels
	Hard candy
	Gallon of bottled water

Courtesy of: http://www.Truck-Drivers-Money-Saving-Tips.com