

Cumberland Island Meal Ideas

| Breakfasts | Cook Ware | Comments |
|---|-----------------------------------|--|
| Pancake Mix (water mix) | Pot, Mixing Bowl, Utensils, Stove | |
| Oatmeal | Pot | |
| Sausage & Egg Burritos | Skillet, Utensils | Ice available daily |
| Bagels, rolls, muffins | | Should keep for early days |
| Pop Tarts | | |
| Nestle Nido powdered milk | | |
| Coffee | Coffee Pot | |
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| Lunch | | |
| Mac & Cheese w/franks | Pot, Mixing Bowl | Dried or canned meat |
| PB&J Tortillas | | |
| Quick Rice w/meat | | |
| Hot Dogs | | Ice available daily, condiments |
| Summer Sausage, Cheese & crackers | | |
| Tuna and Crackers | | |
| Cheese Steak Subs | Skillet | Thin sliced steak cooks fast, bread or tortilla |
| Seasoned Instant Noodle, Rice, potatos, etc. w/meat | | |
| Dinner | | |
| Ramen Noodles w/meat & Cheese | Pot | Chicken, tuna pouches or cans, shreaded parmesan |
| Noodles & Vegetables | Pot | Frozen veggies for early days |
| One pot Spaghetti & meat sauce | Pot, Bowls | |
| Black bean, corn, meat burritos | Pot | Canned meat and veggies |
| Beans and Franks | Pot | |
| One pot chili | Pot | |
| Noodles, instant potatos, rice & Spam | Pot, Skillet | |
| Tortilla w/ Nutella | | |

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| Pizza: pizza sauce, cheese, pepperoni, on tortilla | Skillet | |
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| Apple Crisps | Pot | DIY -freeze dried apples slices, granola, brown sugar, and spices |
| Smores | | |
| Little Debbie Cakes | | |
| Entemen Fruit pies | | |
| | | |
| Snacks | | |
| Beef Jerky | | |
| Cheesits | | |
| Fig Newtons | | |
| Granola Bars | | |
| Trail mix | | |
| Chips & Crackers | | |
| Dried Fruit | | |
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Equipment Needs

Cleaning supplies, basin, pads, detergent, a little bleach for sanitizing
Spatula, knives, spoons, forks

Permitted Cooking Stoves:

1. Coleman Stove and Coleman propane bottles, no grill size propane tanks.
2. Backpacking stoves with propane and/or white gas canisters
3. Charcoal can be used in fire rings in the campsite for dutch oven cooking

Sea Base campsites have bear boxes for storing food items.