

## **Troop 135, Carlisle, MA.**

### **So, you're going to buy the food for our camping trip...**

Before you go to the supermarket, we have a few tips on how to shop for a camping trip. You have been supplied with a basic menu chosen by the boys. When we say the supplied menu is basic, we mean basic. For example, the menu may have listed hamburgers, oatmeal, chili. It is up to you to fill in the blanks. Hamburgers need rolls, ketchup, relish, maybe mustard. Oatmeal needs milk, brown sugar, maybe raisins. Chili needs some chili powder on the side for those who like it spicy. Find out how much pre-cooking or pre-mixing is necessary for any given meal. You need to ask some questions:

"How much pre-mixing or pre-cooking is needed?"

"How many people am I buying for?"

"Do I need to supply a cooler with ice, or how would you like the food packed?"

"Will the troop supply the necessary utensils or will the scouts need something special from home?"

"How are you going to transport this food on the trip?"

#### **A word about packaging...**

When buying things like hot chocolate, individual packets are better than a large can. Remember, the boys (and some of our husbands) are going to be carrying or dragging the food in to the campsite so think about packaging while you're shopping. Canned food is almost never used due to its weight and leftover trash. Large bags of potato chips are OK but Pringles are better since they won't crush in transport. Find out from an adult leader what kind of powdered drink mix is desired, troop policy is that there are to be no sugar drink mixes unless specified by the adults going on the trip. Never buy pre-mixed drinks such as soda cans/bottles due to the weight it would add to the food packs. Never buy premixed pancake mix, liquid eggs or similar "prepared" shortcut type food. The emphasis should be on teaching Scouts to prepare and cook food from the basic ingredients, not from prepackaged, prepared processed foods. Prior to drop off at the departure site, food should be compactly stored in waterproof containers. Please, no paper boxes since they are easily damaged during transport.

Troop Policy:

no sugared drink mixes except for breakfast drinks (or prior Scoutmaster permission)  
if you can buy paper or plastic packages and avoid cans and glass bottles - do it  
the "individual packet" suggestion applies only to hot chocolate. Everything else should  
be large container for group consumption (including oatmeal)

NO COOKING SPRAYS of any type are permitted. Scouts must learn to use cooking oil.

NO LIGHTERS - buy "strike on anything" matches and a waterproof container

INCLUDE A ROLL OF PAPER TOWELS AND A LARGE HEFTY TRASH BAG

#### **A word about quantity...**

There is nothing worse than running out of food on a campout. When figuring quantities, a container listing "serves 6" will probably only serve 4. For example, if the menu states hamburgers, figure that most of the campers will have two and buy accordingly.

#### **A word about cost...**

Troop policy requires all Scouts in your son's patrol to pay \$10 (one night trip) or \$15 (two night trip) two weeks IN ADVANCE to the food purchaser. It is a non

refundable amount. You are expected to "make change" to the Scouts at the drop-off for the camp-out. Be economical (a Scout is Thrifty). We understand this depends on the menu, obviously grilled sirloin will add to the bill as opposed to hamburgers. While we don't want you to go out of your way, we would ask you to try to shop at reasonably priced supermarkets.

We hope this helps a bit in your task of food shopping. Again, we are extremely grateful for your willingness to help out. If you have any questions, please feel free to call one of the adult leaders and/or their wives, most of whom have camp-food shopping experience!