



2024 GET OUTSIDE CAMPING GUIDE

Ranch-Inspired Flavors and Foods
for your Great Outdoor Adventure

CarsonValleyMeats.com



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WELCOME TO OUR FIRST-EVER GET OUTSIDE CAMPING GUIDE!!

Last year, Mike and I went on a hunting expedition in Alaska. There were lots of bears, not many pillows, and the most beautiful scenery next to the Sierra Nevada you could imagine.

While it was a dream come true for Mike and me, this kind of camping isn't for everyone, but we know camping is a favorite pastime and, thanks to our friends at [Recreation.gov](https://www.recreation.gov),

we are told it's #NationalCampingMonth! We're excited to share our favorite camping tips and tricks, plus some from [Recreation.gov](https://www.recreation.gov) and others, plus a killer checklist to share with you!

Then we'll share five of our favorite camping recipes and life hacks to pre-plan, pre-package and prepare healthy outdoor meals for your outdoor adventure!



6 CAMPING TIPS AND TRICKS FOR A MEMORABLE OUTDOOR ADVENTURE

1. Plan Ahead

- Research your camping site and make reservations if needed.
- Check the weather forecast and pack accordingly.
- Create a checklist of essential items such as tents, sleeping bags, cooking gear, and first aid supplies. (See the checklist below from [lovetheoutdoors.com](https://www.lovetheoutdoors.com) for a comprehensive list!)
- Plan your menus and shop accordingly. See our meal prep section starting on page .

2. Pack Smart

- Use clear plastic bins to organize your gear and make it easy to find items.
- Bring a cooler with ice packs to keep perishable foods fresh.
- Pack lightweight, quick-dry clothing and sturdy footwear.
- Prepackage meals as much as possible.

3. Set Up Your Campsite

- Choose a flat, dry area for your tent, away from potential hazards like falling branches.
- Use a ground tarp under your tent for extra insulation and protection from moisture.
- Set up a designated cooking area and keep it clean to avoid attracting wildlife.

4. Fire Safety

- Always check if campfires are allowed at your site and follow local regulations.
- Use a fire ring or pit and keep a bucket of water and a shovel nearby.
- Never leave a fire unattended and fully extinguish it before going to bed or leaving the site.

5. Stay Hydrated and Healthy

- Bring plenty of water or a water filtration system if you're near a natural water source.
- Practice good hygiene by washing hands regularly and using hand sanitizer.
- Pack a first aid kit with essentials like bandages, antiseptic wipes, and pain relievers.
- Wear sunscreen and reapply frequently.

6. Be Bear Aware

- Keep your camp clean. Food, toothpaste, soda and juice should be stored away from tents.
- Use food lockers, recycling and trash bins provided at campgrounds.
- Keep your pets leashed and secure their food between meals.
- Secure food and garbage when away from camp.

Shelter

- Tent
- Ground cloth/tarp
- Extra stakes
- Shade tarp/poles/rope/stakes
- Axe or hammer
- Mat for tent entrance
- Dust pan/brush

Bedding

- Sleeping bag
- Sheets/blankets
- Pillow
- Air mattress/sleeping pad/cot/tarp
- Air pump
- Repair kit for air mattress
- Utility bags for storage

Clothes

- Shoes/boots
- Jeans/pant/belt
- Shorts
- T-shirts
- Socks/extra socks
- Hat
- Bandana
- Sweatshirt/jacket
- Underwear
- Sleep clothes
- Rain gear
- Swim suit/towel
- Laundry bag

Personal

- Shower shoes/flip flops
- Towels/washcloth
- Soap in plastic case/shampoo
- Tooth brush/tooth paste
- Deodorant
- Comb/brush
- Razor
- Feminine products
- Toilet paper
- Shower bag or 5 gallon bucket
- Camping shower/shower pump
- Other personal items
- Personal medications – take extra

Tell someone of your plans

Give details of where you are going and when you expect to return, give directions and possible alternative roads that you may take, provide cell phone numbers, vehicle description and license plate numbers, hand-held radio channel and codes that you will use, and provide local authority phone numbers (State Police, Game & Fish Commission, Sheriff Dept, etc.) for the county or area that you will be in.

Cooking

- Large water jug & water bucket
- Coolers/ice
- Thermos
- Stove with fuel/propane
- Matches/lighter
- Charcoal/firewood/buddy burner
- Dutch oven/tin can stove/box oven/etc
- Campfire grill/BBQ grill
- Fire starters/newspaper
- Tablecloth/thumb tacks/clips
- Plates & bowls/paper plates & bowls
- Silverware/plastic silverware
- Measuring cups
- Heavy-duty aluminum foil
- Paper towels
- Trash bags
- Dish soap
- Clothes pins
- Cooking oil/Pam spray
- Containers for food storage
- Potholders/oven mitts
- Pots and frying pans with lids
- Soap for outside of pots and pans
- Cook utensils-spatula, knife, spoon
- Tongs
- Skewers/grill forks
- Can opener/bottle opener
- Folding table
- Dutch oven
- Pie irons
- Mugs/paper cups
- Mixing bowl
- Cutting board
- Ziplock bags
- Napkins
- Dish pan
- Dish rags/towels
- Scrub pad/brillo
- Seasonings/sugar/condiments
- Potato peeler

Miscellaneous

- Sunscreen/chapstick
- Lantern with fuel/mantles
- Extra batteries/bulbs
- Compass
- Bug repellent/candles
- Whistle
- Water filters/purification/treatment
- Camera/battery/film/
- Books/magazines
- Candles
- Maps/directions
- Misc. tools
- Backpack/fanny pack
- Fishing gear/license/bait
- Radio
- Musical instruments/song books
- Camp chairs
- Sunglasses
- Hammock
- First aid kit
- Tissues
- Saw/axe
- Park map/guidebooks/trail maps
- Lantern pole or hanger
- Collapsible drying rack
- Popcorn
- Marshmallows, Graham crackers, Hershey bars

Basic First Aid Kit

- Personal medications
- Roll bandages
- Adhesive tape
- Antiseptic wipes
- Sterile gauze pads
- Cotton swabs
- Tweezers
- Safety pins
- Scissors
- Bee sting kit
- Sinus medications
- Tissues
- Bug repellent
- Sunscreen
- Notepad/pen
- Sterile compresses
- Splinting materials
- Personal information/contact person
- Feminine products
- Ipecac
- Razor blades
- Plastic bags
- Small bottle of water
- Blanket
- Other personal needs
- Small mirror

- Flashlight/batteries
- Pocket knife
- Plastic grocery bags
- Binoculars
- Rope/clothes line
- Canteen/water bottle/coffee pot
- Bungi cords/straps
- Cards/games/toys
- Duct tape/electrical tape
- Notepad/pen
- Reservations info./confirmation
- Cell phone/charger & 2-way radios/walkie talkies
- Small shovel
- Safety pins
- Money/ID/credit card/quarters
- Bikes/helmets
- Travel alarm clock
- Work gloves
- Umbrella
- Hand wipes
- Drinks/snacks
- Small sewing kit
- Fire extinguisher
- Hot chocolate/tea bags/coffee
- Scissors
- Watch

- Triangular bandages
- Misc. Band Aides/bandages
- Anti-acids (Tums, Rolaides)
- Antibiotic cream
- Aspirin/Ibuprofen/Tylenol/Naproxin
- Hydrogen Peroxide
- Ace bandages
- Sunburn lotion
- Burn ointment
- Snake bit kit
- Eye drops
- Poison ivy cream/cleansers
- Heat/cold packs
- Small flashlight
- Latex gloves
- Antibacterial soap
- Thermometer
- Coins for emergency phone calls
- Antibiotic soap
- Butterfly bandages
- Twine
- Mole skin for blisters
- Road flares
- First aid manual
- Nail slippers

Additional First Aid Tips

- Take a First Aid class and a CPR class – keep current on this information
- Keep supplies in a well marked, durable, waterproof container
- Keep the contents organized
- Know how to use everything in your first aid kit
- Inspect content often, re-supply as needed
- Keep readily available at all times



CAMPFIRE RECIPES



FOIL PACKET CHICKEN AND VEGGIES

Ingredients

2 boneless, skinless chicken breasts or thighs from Carson Valley Meats, cut into chunks

2 bell peppers, sliced

1 onion, sliced

2 zucchinis, sliced

2 tbsp olive oil

Salt, pepper, and your favorite seasoning blend (we like Heart Rock Herb and Spice Co. All Purpose Salt Free Seasoning)

Method

At home:

1. Raw chicken should not be removed from the packaging unless you're going to cook it in one or two days. We suggest storing your chicken breasts in their original packaging, sealed inside a resealable freezer bag to prevent any drips or leaks.

Prep and store vegetables:

1. Slice bell peppers and place them in an air-tight container.
2. Sliced onions may be purchased at the grocery store or slice them and place them in a separate air-tight container.
3. Slice the zucchini and place it in an air-tight container or resealable freezer bag lined with a paper towel.

At the campsite:

1. Lay out four large pieces of aluminum foil.
2. Divide chicken and veggies evenly among the foil pieces.
3. Drizzle with olive oil and season with salt, pepper, and seasoning blend.
4. Fold the foil into packets, sealing the edges tightly.
5. Cook over the campfire or on a grill for 20-25 minutes, or until chicken is fully cooked.



CAMPFIRE GROUND BEEF BREAKFAST SKILLET

Ingredients

- 1 lb. ground beef from Carson Valley Meats
- 2 cans (15 oz each) diced or sliced potatoes, drained*
- 1 bell pepper, diced
- 1 onion, diced
- 6 eggs
- 1 cup shredded cheese (optional)
- Salt and pepper to taste (or we like Heart Rock Herb and Spice Co. All Purpose Salt Free Seasoning).
- 1 tbsp olive oil
- *Use 4-5 red potatoes sliced thinly if not using canned potatoes

Method

At home:

Cook the ground beef until browned, then drain any excess fat.

Allow beef to cool for 5 minutes.

Spread cooled beef on a foil lined cookie sheet, breaking up any chunks to spread it evenly over the pan.

Freeze for an hour, stirring once. Divide into a resealable freezer bag or air-tight container.

Prep and store vegetables and cheese:

1. Slice bell peppers and place them in an air-tight container or resealable freezer bag.
2. Diced onions may be purchased at the grocery store or slice them and place them in a separate air-tight container or resealable freezer bag.
3. Shred your favorite cheese – we like cheddar or Spicy Monterey Jack if you like some extra heat. Place in a resealable freezer bag, removing as much air as possible before sealing. You can also purchase shredded cheese and not worry about it!

At the campsite:

1. Heat a large skillet over the campfire or portable stove. Add the olive oil to the skillet.
2. Add the drained canned potatoes to the skillet. Since they are pre-cooked, you only need to heat them through and let them get a bit golden brown. This should take about 5-7 minutes. Stir occasionally to prevent sticking.
3. Add the diced bell pepper and onion to the skillet with the potatoes. Cook until the vegetables are tender, about 5-7 minutes.
4. Return the cooked ground beef to the skillet and stir to combine with the potatoes and vegetables. Season with salt and pepper to taste.
5. Make wells in the mixture and crack an egg into each well. If using pre-cracked eggs, pour about 3 tablespoons of the egg mix into the well.
6. Cover the skillet and cook until the eggs are set to your liking. For firmer yolks, cook longer; for runny yolks, cook just until the whites are set.
7. If using cheese, sprinkle it over the top of the skillet and cover until melted.
8. Serve the breakfast skillet hot, straight from the skillet for a hearty, delicious start to your camping day.



CAMPFIRE BRATWURST AND VEGGIE FOIL PACKETS

Ingredients

- 4-6 bratwursts from Carson Valley Meats
- 2 bell peppers, sliced
- 1 large onion, sliced
- 2 zucchinis, sliced
- 2 cans (15 oz each) diced or sliced potatoes, drained*
- 2 tbsp olive oil
- Salt and pepper to taste
- 3 tsp Heart Rock Herb and Spice Co. Polish ~ German Spice

Mix – OR –

- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 tsp smoked paprika
- Optional: Sauerkraut or mustard for serving

* You can also use 4-5 red potatoes thinly sliced if you don't want to use canned potatoes. Slice them at the campsite as they don't keep well pre-packaged

Method

At home:

1. Prep and store vegetables:
2. Slice bell peppers and place them in an air-tight container.
3. Sliced onions may be purchased at the grocery store or slice them and place them in a separate air-tight container.
4. Slice the zucchini and place it in an air-tight container or resealable freezer bag lined with a paper towel.
5. Measure all spices into a resealable snack bag or small, airtight container and drop them into the gallon bag marked with the recipe name.

At the campsite:

1. Lay out four to six large pieces of aluminum foil (one for each bratwurst).
2. Divide the sliced vegetables and potatoes evenly among the foil pieces, placing them in the center of each.
3. Drizzle the vegetables with olive oil and season pre-packaged seasonings.
4. Place a bratwurst on top of the vegetables in each packet.
5. Fold the sides of the foil over the ingredients and seal tightly to create packets, ensuring there are no leaks.
6. Place the foil packets over a campfire or on a grill grate. Cook for about 20-25 minutes, turning occasionally to ensure even cooking.
7. Check for doneness by carefully opening one packet (be cautious of the steam). The bratwursts should be fully cooked, and the vegetables should be tender.
8. Remove the packets from the fire and let them cool slightly before serving.
9. Open the packets and serve directly from the foil for easy cleanup. Optionally, top with canned or jarred sauerkraut or mustard for added flavor.



CAMPFIRE BEEF TACOS

Ingredients

- 1 lb. [Carson Valley Meats](#) ground beef
- 2 tbs. [Heart Rock Herb and Spice Co. Tahoe Taco](#) seasoning (or your favorite brand)
- 2/3 cup water
- 8 taco shells or tortillas
- 2 cups Shredded cheese
- Lettuce
- Tomatoes
- Your favorite taco toppings (we like sliced olives!)

Method

At home:

1. Cook the ground beef until browned, then drain any excess fat. Add taco seasoning and the water, simmer until thickened.
2. Allow beef to cool for 5 minutes.
3. Spread cooled beef on a foil lined cookie sheet, breaking up any chunks to spread it evenly over the pan.
4. Freeze for an hour, stirring once. Divide into resealable freezer bags or air-tight containers.
5. Prep and store toppings:
6. Shred your favorite cheese – we like cheddar or Spicy Monterey Jack if you like some extra heat. Place in a resealable freezer bag, removing as much air as possible before sealing. You can also purchase shredded cheese and not worry about it!
7. Pre-chop lettuce and wrap it in a paper towel before placing it in a resealable freezer bag. (or pick it up at the grocery store!)
8. Chop onions and store in an airtight container or resealable freezer bag.
9. Buy sliced olives in a can – I have a great olive slicer, but seriously, buy them in the can.

At the campsite:

1. Heat a skillet over the campfire or portable stove. Reheat the taco beef with a little water.
2. Warm the taco shells or tortillas over the fire.
3. Assemble tacos with beef and desired toppings.



ICE CREAM CONE S'MORES

Ingredients

- 1 bag chocolate chips (or any flavor you want)
- 1 bag mini marshmallows
- 1 box cake or sugar cones
- Aluminum foil

Method

At Home:

1. Put about 1 tsp of chocolate chips at the bottom of the cone
2. Add a layer of mini marshmallows on top of the chocolate chips
3. Keep layering until you get to the top of the cone
4. Wrap the cone in foil. Store in an airtight container.

At the campsite:

1. Heat foil-wrapped cone over fire until chocolate and marshmallows are melted, about 3-5 minutes



Prepare, Pre-Cook and Pre-Package



SHOPPING LIST

You can't have too many lists, so we created another one to help you with your shopping for our favorite camping recipes below!

From Carson Valley Meats

2 lb. Carson Valley Meats ground beef
2 boneless, skinless chicken breasts or thighs from Carson Valley Meats
2 tbs. Heart Rock Herb and Spice Co. Tahoe Taco seasoning (or your favorite brand)
6 farm-fresh Carson Valley Meats eggs
4-6 bratwursts from Carson Valley Meats
Heart Rock Herb and Spice Co. All Purpose Salt Free Seasoning (or your favorite seasoning blend)
Heart Rock Herb and Spice Co. Polish ~ German Spice Mix

Produce

5 bell peppers
2 onions (or pre-packaged chopped onions)
4 zucchinis
5 tbsp olive oil
Lettuce (or pre-packaged shredded lettuce)
8-9 red potatoes (if not using canned potatoes)

General Grocery

8 taco shells or tortillas
4 cans (15 oz each) diced or sliced potatoes (if not using fresh potatoes)
3 cups shredded cheese
1 bag chocolate chips (or any flavor you want)
1 bag mini marshmallows
1 box cake or sugar cones
Aluminum foil
Sauerkraut (optional)
Mustard (optional)
Sliced olives (optional)
Quart and gallon size resealable freezer bags
Resealable snack bags
Sharpie (for marking storage bags)

Seasonings

Salt
Pepper
Garlic powder (if not using Heart Rock Herb and Spice Co. Polish ~ German Spice Mix)
Dried thyme (if not using Heart Rock Herb and Spice Co. Polish ~ German Spice Mix)
Smoked paprika (if not using Heart Rock Herb and Spice Co. Polish ~ German Spice Mix)



PRE-PACKAGED FOODS

OK – so the checklist doesn’t even touch on what you’re making for hungry campers to eat. We are big fans of fresh, local meats and produce, but if you have the space and the way to keep it fresh, pre-packaged food is really helpful!

Enjoy things like pre-packaged salads, especially cabbage-based salads as they tend to last longer. Fresh fruits and veggies are a must, as is making sure each of your campers gets to claim their favorite snacks – one sweet and one salty.

Earlier we mentioned planning your meals and shopping accordingly. This is another great opportunity to pre-package your food. Chop and prep ingredients for recipes and package them together for transport before you leave, so you can spend more time with the family, and less time in the “kitchen” at the campsite.

For this step, you’ll need resealable freezer bags in quart and gallon sizes, resealable snack bags and/or airtight containers, depending on the space you have. If using freezer bags, use a Sharpie to mark them. For your reusable containers, look for a marker that washes off with soap and water, and makes a clear line on plastic containers and glass.

Keep reading for our how-to for pre-packaging our campfire recipes.



MEAL PREP

Get out four gallon-sized resealable freezer bags. Mark them: Campfire Beef Tacos, Campfire Ground Beef Breakfast Skillet with Canned Potatoes, Foil Packet Chicken and Veggies and Campfire Bratwurst and Veggie Foil Packets. You'll drop your prepared ingredients into these bags to keep everything organized and easy to grab when you want to make a meal. Get four more bags so you can double-bag each recipe. Download the recipe print-out [LINK]. Cut the recipes out and place them in the outer bag so you have it handy in front of you when you're prepping AND when you get to the campsite!

Ground Beef

1. Cook the ground beef until browned, then drain any excess fat. Separate into two skillets. In one skillet, add taco seasoning and the water, simmer until thickened. In the second skillet, season with salt and pepper if not using [Heart Rock Herb and Spice Co. All Purpose Salt Free Seasoning](#). We like this one for its rich, savory taste and reduced sodium!
2. Allow beef in both skillets to cool for 5 minutes.
3. Spread cooled beef on a foil lined cookie sheet, breaking up any chunks to spread it evenly over the pan.
4. Freeze for an hour, stirring once.
5. Divide into resealable freezer bags or air-tight containers. Drop them in the appropriate freezer bags – Campfire Beef Tacos and Campfire Ground Beef Breakfast Skillet with Canned Potatoes.

Cheese

Measure out two cups of shredded cheese, place it in a quart-size bag, drop it in the Campfire Beef Tacos bag. Measure out one more cup of shredded cheese, store it in a quart-size bag and drop it in the Campfire Ground Beef Breakfast Skillet with Canned Potatoes bag.



MEAL PREP CONT.

Chicken

1. Raw chicken should not be removed from the packaging unless you're going to cook it in one or two days. We suggest storing your chicken breasts in their original packaging, sealed inside a resealable freezer bag to prevent any drips or leaks and keep it with the Foil Packet Chicken and Veggies bag.

Produce

1. Bell Peppers: Slice four of the bell peppers and store them in two resealable freezer bags. Drop one "Foil Packet Chicken and Veggies," and one into "Campfire Bratwurst and Veggie Foil Packets." Dice the fifth pepper, bag it and drop it into the "Campfire Ground Beef Breakfast Skillet with Canned Potatoes" bag.
2. Onions: Dice one onion, store in a quart resealable freezer bag and drop it in the "Campfire Ground Beef Breakfast Skillet with Canned Potatoes" bag. Slice the other onion and store in a quart sized resealable freezer bag. Drop this one in the Campfire Bratwurst and Veggie Foil Packets. If using pre-diced onions, split them into two-quart bags and distribute as above.
3. Zucchini: Slice all four zucchinis. Store in two quart-size bags lined with paper towels, drop one into the Campfire Bratwurst and Veggie Foil Packets bag and the other into the Foil Packet Chicken and Veggies.

Seasonings

Measure seasonings for each recipe and place in airtight containers, or resealable snack bags. Drop them into the appropriate gallon bag.

Visit

CarsonValleyMeats.com



to learn more about
our Ranch Boxes
and our efforts
to help preserve
agriculture in the
Carson Valley and
Northern Nevada.

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