

Published based on [The Right Food for Camping](#)

# **The Right Food for Camping**

For lots of people, [food for camping](#) has come to mean items such as oatmeal, noodles and Granola. Did you know that you can still have sensible foods like fruits and vegetables, and other healthy things with no need to transport a refrigerator with you, although that may be a possibility, too. The biggest problem with numerous foods that it is difficult to keep them fresh for very long, especially in the summer when most of us camp and hike and the weather is warm.

There are foods that are specifically packed for the camper and hiker that regardless of the weather, stay edible. These foods are freeze-dried and packaged so they can easily be stacked for convenient storage and transport. These varieties of food will not spoil under the most pleasant and warm conditions. They are also simple to get ready when it is time to make meals. You simply heat them up in water because they pre-cooked and dehydrated.

If this sort of food doesn't appeal to you or you want to also take along fresh, susceptible to spoil food, there is also a solution. Many campers use coolers packed with ice. Some have even reported putting food in plastic bags and freezing them. The bags are put into coolers in order of use, from top to bottom in your cooler. The top bags will warm up first, so those will be eaten first. The lower bags will remain colder for longer and be eaten after the top ones have been removed and used for meals. Of course you shouldn't eat food that you suspect has spoiled. If you have room to transport, there are portable coolers that may be purchased. If you camp in an RV, you may likely have a cooler or fridge at your disposal.

There are numerous cooking books and manuals online you can download to learn about easy ways to make all sorts of food for camping. Sign up for our newsletter and receive a free camping electronic book.

You can get freeze dried foods at camping and outdoor stores. If you would like even better prices and selection, check online. Check our ideas for your camping and hiking needs.

Content camping and hiking!

Bob Waze is an outdoor fan who likes to write about [camping and hiking](#). Check out his site for other articles like [this one](#).

You can also find this article published on [The Right Food for Camping](#), and on the tag pages [camp](#), [Food](#), [free camping](#), [fruits and vegetables](#), [oatmeal](#), [portable coolers](#).