

Recipes

Chicken Quesadillas

1 8-oz. can white chicken
4-6 tortillas
Shredded Colby cheese
1 tsp olive oil

Using your skillet part of the mess kit, coat the bottom with olive oil. Heat over flame (stove or campfire). Lay 1 tortilla in skillet and add chicken and cheese. Let get hot, then fold it over and flip until the inside is melted. *Enjoy!*

Omlette in a Bag

Eggs
Fixin's for your omelet (ham, cheese, etc.)
Salt and Pepper
Milk (optional)

Fill a large pot half full with water and bring to a boil. Break eggs into a re-sealable bag and add milk and salt and pepper. Seal bag and mix well. Add other ingredients and mix. Remove as much air as possible from bag and drop into boiling water. Cook approximately 10 minutes. *Enjoy!*

Essentials FOR CAMPING

- Tent
- Sleeping bag (*or a sheet and blankets*)
- Sleeping pad
- Bottle of water for each person
- Stove with fuel/propane
- Lighter or matches
- Pots & frying pans with lids
- Fork, knife, spoon, plate, mug, bowl for each person (*Plastic and metal don't break*)
- Camp chairs
- Toiletries (*biodegradable is best!*)
- Rain gear
- Sun screen
- Food (*plan ahead for your meals and snacks*)
- Phone (*for taking pictures only*)
- Citronella candles
- Trash bags
- Power bank to recharge your phone (*for taking pictures only!!*)
- Flashlight/headlamp
- First Aid Kit

Ideas FOR CAMPING Fun

- Catch fireflies - Just a few lightning bugs inside a jar can create a lantern.
- Tell ghost stories - No camping trip is complete without a few scary stories. To set a frightening mood, try holding a flashlight under the storyteller's chin.
- Stargaze - Bring a star map and a story or two about the major constellations.
- Card games - Crazy Eights, Slap Jack, and Go Fish are fireside favorites.
- Make a scavenger hunt - Have fun seeking out pinecones, different kinds of rocks, animal tracks, leaves, and birds.
- Watch the clouds - What do you see in the clouds? Bunnies, fish, people's faces, buildings... The list is endless.

Leave No Trace encourages those in the outdoors to minimize their impact while hiking, camping, biking, etc.

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors