

# Bug-Free Camping Food Checklist

Use this checklist to help you pack smart and keep bugs away during your next camping trip!

## Foods to Avoid While Camping



- Sugary snacks (marshmallows, fruit juices, sodas)
- Greasy meats (bacon, sausage, burgers)
- Alcohol (especially beer and cider)
- Ripe fruits (bananas, peaches, grapes)
- Crumbly or sticky foods left unsealed

## Bug-Safe Food Alternatives

- Water or unsweetened flavored seltzers
- Lean proteins like grilled chicken or tofu
- Dried fruits in vacuum-sealed bags
- Sealed trail mix with low sugar content
- Pre-prepped veggies and hummus



## Prep & Storage Tips



- Use airtight containers for all food items
- Store trash in sealed bags far from your tent
- Wipe down sticky surfaces and hands quickly
- Bring citronella candles or bug-repellent sprays
- Prep meals at home when possible